

THE FREE LIBRARY
OF



PHILADELPHIA

From the collection of the

o Preinger Library

San Francisco, California
2008

ENCYCLOPEDIA OF DIET

A Treatise on the Food Question

IN FIVE VOLUMES

EXPLAINING, IN PLAIN LANGUAGE, THE
CHEMISTRY OF FOOD AND THE CHEMISTRY OF
THE HUMAN BODY, TOGETHER WITH THE ART OF
UNITING THESE TWO BRANCHES OF SCIENCE IN THE
PROCESS OF EATING SO AS TO ESTABLISH NORMAL
DIGESTION AND ASSIMILATION OF FOOD AND
NORMAL ELIMINATION OF WASTE, THEREBY
REMOVING THE CAUSES OF STOMACH,
INTESTINAL, AND ALL OTHER
DIGESTIVE DISORDERS

BY

EUGENE CHRISTIAN, F. S. D.

VOLUME V

NEW YORK CITY
CORRECTIVE EATING SOCIETY, INC.

1913

COPYRIGHT 1914
BY
EUGENE CHRISTIAN
ENTERED AT
STATIONERS HALL, LONDON
SEPTEMBER, 1914

BY
EUGENE CHRISTIAN, F. S. D.
ALL RIGHTS RESERVED

PUBLISHED AUGUST, 1914

CONTENTS

VOLUME V

<i>Lesson XVI</i>	<i>Page</i>
ADAPTING FOOD TO SPECIAL CONDITIONS	1145
Infant, Old Age, and Athletic Feeding; Sedentary Occupations, Climatic Extremes .	1147
Normal Diet	1152
Infant Feeding	1154
General Rules for the Prospective Mother . .	1157
Special Rules for the Prospective Mother . .	1159
The Nursing Mother	1162
Care of the Child	1164
Constipation	1169
Exercise	1171
Clothing	1171
Temperature of Baby's Food	1173
Bandage	1173
Emaciation	1173
General Instructions for Children after One Year	1174
General Diet from Ages One to Two . . .	1174
Simplicity in Feeding	1175
Old Age	1178
Three Periods of Old Age	1181
Athletics	1188
Sedentary Occupations	1194
General Directions for Sedentary Worker .	1198
Climatic Extremes	1199

(v)

Free Library
354565

	<i>Lesson XVII</i>	<i>Page</i>
NERVOUSNESS—ITS CAUSE AND CURE		1209
Causes		1213
The Remedy		1217
Suggestions for Spring		1220
Suggestions for Summer		1222
Suggestions for Fall		1223
Suggestions for Winter.		1224
	<i>Lesson XVIII</i>	
POINTS ON PRACTISE		1231
Introduction to Points on Practise		1233
Suggestions for the Practitioner		1236
Value of Experience		1239
Value of Diagnosis		1241
Educate Your Patient		1242
Effect of Mental Conditions		1245
Publicity		1247
Be Courteous and Tolerant		1250
	<i>Lesson XIX</i>	
EVOLUTION OF MAN		1253
What is Evolution?		1255
The Three Great Proofs of the Evolution of		
Animal Life		1261
Man's Animal Kinship		1265
	<i>Lesson XX</i>	
SEX AND HEREDITY		1277
The Origin of Sex		1279
A Rational View of Sexual Health		1285
Embryological Growth—Prenatal Culture		1289
Heredity		1293
What Heredity Is		1295
Summary of Facts regarding Sex and Heredity		1297

CONTENTS

vii

Lesson XXI

	<i>Page</i>
REST AND SLEEP	1299
Rest	1301
The Old Physiology	1305
Rest and Re-creation	1306
Sleep	1308
Some Reasons	1310
Oxidation and Air	1312

Lesson XXII

A LESSON FOR BUSINESS MEN	1315
A Good Business Man	1320
The Routine Life of the Average Business Man	1322
Some Suggestions for a Good Business Man	1324

Lesson XXIII

EXERCISE AND RE-CREATION	1327
Exercise	1329
Constructive Exercises	1330
Exercise for Repair	1331
Physiology of Exercise	1333
Systems of Physical Culture	1338
Program for Daily Exercise	1343
Re-creation	1346

LESSON XVI

ADAPTING FOOD TO SPECIAL CONDITIONS

INFANT, OLD AGE, AND ATHLETIC FEEDING
SEDENTARY OCCUPATIONS, CLIMATIC
EXTREMES

LESSON XVI

ADAPTING FOOD TO SPECIAL CONDITIONS

INFANT, OLD AGE, AND ATHLETIC FEEDING, SEDENTARY OCCUPATIONS, CLIMATIC EXTREMES

Diet may be divided into three distinct classes—normal, preventive, and curative. In order to understand the application of diet to these several conditions, it is necessary to observe the following rules:

- 1 Foods must be selected which contain all the desired nutritive elements
- 2 They must be so combined as to produce chemical harmony, or should at least produce no undesirable chemical action.

- 3 They must be proportioned so as to level or balance their nutritive elements; that is, to prevent overfeeding on some elements of nourishment, and underfeeding on others

Many fine specimens of men and women have been produced without knowledge of these laws, but in nearly every case it may have been observed that the person was normal as to habits, and temperate in eating, therefore led aright by instinct.

If one lives an active life, spending from three to five hours a day in the open air, the body will cast off and burn with oxygen much excess nutrition, and will also convert or appropriate certain nutritive elements to one purpose, which, according to all known chemical laws, Nature intended for another. Much better results, however, will be obtained by giving Nature the right material with which to work, thus pursuing lines of least resistance.

What foods to select, how they should be combined and proportioned, is determined mainly by laws dependent upon the following conditions:

1 Age

2 Temperature of environment—
time of year or climate

3 Work or activity

(1) As to age:

If we wish the best results we must select and proportion our food according to age, because the growing child or youth needs much structural material—calcium phosphates—with which to build bone, teeth, and cartilage. This is found in cereals and in all starchy foods. The middle-aged person needs but little of these—just enough for repair, and the aged person needs practically none.

While the growing child needs calcium phosphate, he also needs milk and natural sweets, which named in the order of their preference are honey, maple-sugar, dates, figs, and raisins. This does not mean that a generous quantity of vegetables and fruit cannot be taken, but that the articles first mentioned (cereals and starchy foods) should form a conspicuous part of the child's diet.

The adult needs a much less quantity of the heavier starchy foods, because the structural part of the body has been built up. The diet of the adult should consist of vegetables, nuts, and a normal quantity of sweets, a normal quantity of fruits, milk and eggs, with rather a limited amount of cereal or bread products, while the aged, or those having passed sixty, could subsist wholly upon a non-starch diet (non-cereal starch), such as vegetables, milk, nuts, eggs, salads, and fruits, including bananas, which is not a fruit, but a vegetable, and which

contains a splendid form of readily soluble starch.

(2) As to time of year:

In selecting and proportioning our food we should observe the laws of temperature or time of the year. We should not eat foods of a high caloric or heating value at a time when the sun is giving us this heat direct, thus building a fire inside, while the sun is giving us the same heat outside. The violation of this simple law is the cause of all sunstroke and heat prostrations. On the contrary, if we are going to be exposed to zero weather, we should build a fire inside by eating foods of a high caloric value.

(3) As to work or activity:

We should select and proportion our food according to the work we do, because eating is a process of making

energy, while work is a process of expending energy, and we should make these two accounts balance.

THE NORMAL DIET

While in some respects each body is a law unto itself, there are a few fundamental rules and laws that apply to all alike. For instance, overeating of starchy foods, in every case, will produce too much uric acid, and finally rheumatism. Also the overeating of sweets and starches will cause the stomach to secrete an oversupply of hydrochloric acid, the effects of which have been discussed in a previous lesson.

In laying out the diet, under all conditions, the practitioner must be governed by the above-named rules. He should exercise his judgment, however, in each case according to the prevailing conditions. In prescribing diet

Effects of over-
feeding on
starchy foods
and sweets

Temporary dis-
turbances
caused by radi-
cal changes in
diet

it is well to remember that Nature will not tolerate, without protest, any radical change. It often occurs, therefore, that the most correct and thoroughly balanced menu will cause violent physical disturbances which the inexperienced may consider as unfavorable symptoms, but in a majority of cases this is merely the adjusting process, similar to that which occurs when the body is suddenly deprived of narcotics and stimulants after their habitual use.

The practitioner should exercise much care in diagnosis. He should study all symptoms and lay out the diet so as to counteract prevailing conditions, and to produce normality.

The tendency of the body, that has been incorrectly fed for many years, to

The stomach should agree with natural food	protest against the right kind and the right combinations of food, is often very decep- tive. It is not always correct to say that the food did not agree with the stomach,
---	---

but more correct to say that the different foods did not agree with themselves. The patient should be thoroughly acquainted with these facts, and mentally prepared for some temporary discomforts or physical protest against the new system.

INFANT FEEDING

The tremendous mortality among infants and children is due to incorrect feeding more than to all other causes. In the process of reproducing animal life, nearly all abnormal conditions are eliminated. The best that is in the mother is given to the child. The trend of Nature is upward toward higher intelligence and more perfect physical development. For this reason infants are usually healthier than their parents, though millions of babies are rapidly broken in health by improper feeding.

Large percent-
age of infant
mortality due
to incorrect
feeding

The economy of Nature is perfect, therefore all natural forces conspire to preserve the life of the young. This is the natural law governing the preservation and the development of human life, and that this condition does not obtain is the most striking evidence of our lack of knowledge in feeding the young.

Infant feeding must be considered from two points of view: (1) Dealing with the child or infant as we find it, where the mother has so violated Nature's laws of nutrition and hygiene as to afford no breast-milk for her child; (2) where this condition does not prevail, and the child receives ample nourishment from the breast of the mother.

We will first consider the diet and the conduct of the mother during pregnancy and prior to it.

Preparation for motherhood is one of woman's most sacred duties, because it involves not only the happiness and

health of herself, but it shapes, in a large degree, the mental and the physical conditions of another being which will wield an influence over its whole life.

The common error of most women is that they do not desire children when they are first married, and in the pursuit of other pleasures they violate and disregard the laws of Nature; the baby is a mere accident—probably unwelcome. During the entire embryonic period the same old habits and diet are indulged in; the mental and the physical condition of the being-to-be has received no consideration, and, unwelcome in a strange world, the little eyes are opened. Then the instinctive love of the mother is kindled and lavished; the child's every want is law; it needs maternal nourishment and the mother desires to give it, but the natural fountain is insufficient, and probably dry. The mother's thoughts and inspirations can no longer

The unwelcome child

become a part of the child, except through education in later years—they are two separate beings; the opportunity to endow it with a part of her life is forever gone.

Under the most favorable conditions we meet a constant resistance to life,

Resistance to
infant life
should be re-
moved as much
as possible

and the higher we ascend in the scale of civilization the greater is the resistance encountered. It is therefore the duty of the mother, as also of the father, to remove every obstacle that would offer resistance to the physical and mental growth of the child. In order to do this it is necessary to carry out certain well-established laws concerning diet, exercise, fresh air, sunshine, and mental training.

GENERAL RULES FOR THE PROSPECTIVE MOTHER

From the time conception is recognized the following general rules should be observed:

- 1 The corset or all tight-fitting garments that would in any way interfere with freedom of exercise and thorough development of the abdominal muscles should be discarded.
- 2 As much time as possible—at least two hours each day—should be spent in the open air, and a system of moderate trunk exercises followed, together with deep breathing, calculated to expand the lungs to their fullest cell capacity, which is Nature's method of burning or oxidizing waste matter, and thereby keeping the blood pure.
- 3 The mental occupation should be an important factor in the daily regimen. Some congenial study should be chosen with the view of making it useful, while some remunerative employment should be sought and indulged in for a portion

of each day. Avoid idleness by all means, or an idle roaming of the mind and spirit. Learn to think, to concentrate, to work, and to do something for others, as it is from these things that all happiness is gained.

- 4 The diet of the future mother should be governed somewhat by the laws laid out in the first part of this lesson; that is, age, temperature of environment, and occupation should be considered in its selection.

SPECIAL RULES FOR THE PROSPECTIVE MOTHER

There are some specific rules in regard to diet, however, which every mother should observe. The diet should be balanced so as to contain all the needed elements of nourishment in approximately

Suggestions
for the diet

the right proportions. The proportions, however, should differ in many cases from that which she would take if she were in a normal state, especially in regard to starchy foods or calcareous matter. An abundance of green salads, sweet ripe fruits, fresh vegetables in season, eggs, milk, nuts, and not more than two ounces of bread, potatoes, or dried beans should be taken daily. If flesh food or something salty is craved, tender chicken, or fish, may be allowed in small quantities.

It should be borne in mind that I do not advocate the use of flesh foods, but during pregnancy the appetite is varying and sometimes tyrannical, and it has been found better to compromise with this condition than to combat it. The use of a limited quantity of tender meat, or any other article of good food for which there should arise a craving, is therefore advisable.

Abnormal ap-
petite during
pregnancy

In the selection of meats, the flesh of young animals is best, for the reason that it contains more albumin and less proteids than that of older animals, and because young animals are more healthy and less liable to contamination by dis-ease.

Flesh of
young animals
preferred

The white meat of fowl or fish is preferable to the red or "dark" meat, for the reason that nearly all the impurities in the animal body are conveyed through the blood, therefore the bloodless flesh is safest for the woman who must delegate a part of her food to the support of her child.

Not more than five per cent of the total amount of food taken should consist of white bread, oatmeal, rice, dried beans, or corn products, for the reason that these are the foods that contain an excess of starch or calcareous matter, and it is due to overconsumption of starchy foods that the bony structure

Reasons for
avoiding
starchy foods
during preg-
nancy

of the child is often over-developed, making birth so difficult, and sometimes fatal.

All stimulants, narcotics, and drugs should be entirely omitted.

THE NURSING MOTHER

If the mother supplies enough milk, this is infinitely superior to any artificial combination of so-called infant foods. Unfortunately a large majority of children are not breast-fed, and must depend upon the various commercial infant-foods, or upon the judgment of the untrained nurse, or the mother.

The majority of mothers, if so disposed, could, by studying their own diet, supply the most robust child with ample breast-nourishment until it is ten or twelve months old, after which period the infantile crisis would be passed, and millions of little lives would thereby be

Breast milk
vs. artificial
foods

The lives of
babies often
depend upon the
mother's diet

saved. However, the confinement and the trouble to which the mother is subjected by the nursing baby causes the majority of infants to be weaned within a few weeks after birth, and turned over to the hazard of prepared food, soporific drugs, and nurses.

If mothers could realize the love that is daily kindled and strengthened; if they could be made to know how much more their children would love them, and they would love their children; if they could look into the years and see how the link of love between them and their children had been shaped, molded, and fashioned by the simple act of nurturing them from the breast (to say nothing of the lives that would be saved), the artificially-fed baby would be a rarity, and the mother would be queen in the hearts of the nation's children.

The most beautiful thing that ever graced the canvas of art, or shed its love

into the cold realism of nature, is a nursing baby pushing from its satisfied lips the mother's breast, and smiling its sweet content into her face.

It is almost criminal to withdraw the breast from an infant, and to turn it over to the treachery of prepared foods, when, by devoting a little time each day to the study of the science of eating, it is possible for the mother to supply the child with her own milk.

CARE OF THE CHILD

The following are general rules for feeding the infant from birth to about one year of age.

These rules cannot be made inflexible because all children differ in temperament, vitality, and as to prenatal influences, but if the mother will observe these instructions with reasonable care, her child can be brought healthfully through the most critical period of its

life, and will enter the solid food age with good digestion, a strong body, and an excellent chance to withstand all children's dis-eases.

Where artificial feeding becomes necessary, then the preparation of the baby-food is of primary importance. Cow's milk is, of course, the logical food, but taken whole, that is, the entire milk, it is too high in proteids, and deficient in sugar; therefore, in order to make a healthful infant-food, it must be modified according to the requirements of the infant body.

The nurse or the mother should prepare a quantity sufficient for only one day's supply at a time, after the following formula:

Cream	2 ounces
Milk	2 ounces
Water	15 ounces
Milk-sugar	4 level teaspoonfuls
Lime-water	2 teaspoonfuls or $\frac{1}{2}$ ounce

This should be thoroughly mixed, placed in the bottle, and set in warm

water until it is brought to the temperature of breast-milk. The above formula may be used during the first month of the baby's life.

The quantity and the frequency of feedings should be according to the following table:

AGE	FEEDINGS OUNCES		INTERVALS OF
1st day	5 to 6	1	3 or 4 hours
2d day	7 to 8	1	2½ to 3 hours
3d to 7th day	9 to 10	1¼	2 to 2½ hours
2d, 3d, and 4th weeks	10	2 to 3	2 hours

Formula for the second and the third months:

Cream	3½ ounces
Milk	1½ ounces
Water	14 ounces
Milk-sugar.....	5 teaspoonfuls
Lime-water	2½ teaspoonfuls

Quantity and frequency of feeding should be about as follows:

MONTHS	FEEDINGS	OUNCES	INTERVALS
2d and 3d	7 to 8	3 to 4	2 or 3 hours

Formula for period from the fourth to the twelfth month:

Cream	6 to 8 ounces
Milk	2 to 3 ounces
Water.....	10 ounces
Milk-sugar	5 to 6 teaspoonfuls
Lime-water	2 to 3 teaspoonfuls

Quantity and frequency of feedings should be about as follows:

MONTHS	FEEDINGS OUNCES		INTERVALS
4th, 5th, and 6th	5 to 6	4 to 6	3 to 3½ hours
7th, 8th, and 9th	5	6 to 7	4 to 4½ hours
10th, 11th, and 12th	5	6 to 8	4 to 4½ hours

The above formulas for infant-food are the best that can be made from ordinary cow's milk.

The milk-sugar and the lime-water herein named can be purchased at any first-class drug store.

These tables are not given as exact. The mother should exercise careful

vigilance and judgment, especially in reference to the quantity of each feeding, and the frequency. The moment the child shows symptoms of overfeeding, which symptoms are usually evidenced by vomiting or discomfort, the quantity of cream and the amount at each feeding should be reduced. In fact, it is healthful, and often necessary for the child to allow it the opportunity to get hungry. The digestion of many a baby is totally ruined by continuous feeding, which is done out of motherly sympathy, or merely to keep it quiet.

The mother or the nurse should exercise great care in the cleanliness and the hygienic preparation of children's foods. Milk should be fresh, and of the very best. It should not be left uncovered or exposed. It should be kept continually on ice until ready for use. The cream should be taken from the top of the bottle, or

Avoid too
frequent
feeding

Importance of
cleanliness in
preparing
child's food

from fresh milk. This insures better quality of butter-fat than is generally supplied in ordinary commercial daily cream.

As the child advances in age, whole milk, cereal gruel, and egg mixture (two whites to one yolk) may be administered according to the child's normal appetite and digestion. The egg may be prepared by whipping the whites and the yolks separately, adding to the yolk a teaspoonful of cream and one of sugar, then whipping the beaten whites into this, and serving.

[CONSTIPATION

The stools of natural, healthy children should be bright yellow and perfectly smooth. If grainy and soft, food should be made richer. If in curds, it evidences too much protein, therefore the milk should be reduced. If the stools are white and oily, it indicates an excess of cream.

If hard and dry, it indicates an insufficient amount of cream. If green, reduce the quantity of milk, or omit it altogether, and increase the quantity of barley-water.

The majority of bottle-fed children suffer greatly from constipation, caused largely by the milk, or the failure to modify the milk properly, or to make it contain the constituent elements of breast-milk. This condition can be relieved by giving the child sweet orange juice every night and morning, or the juice from soaked prunes, if preferred. This should be administered in quantities ranging from a dozen drops to two or three teaspoonfuls, according to the age of the child and the severity of the condition. Intestinal congestion can often be relieved, however, by giving the abdomen gentle massage, preferably with a rotary or kneading motion.

In cases of diarrhea, infants from three to eight months old should be given first an enema, and then a diet entirely of

boiled milk mixed with rice or barley-water.

EXERCISE

All infants need some exercise. They should be gently rubbed and rolled about after the morning bath, before they are dressed. There is nothing more healthful than exposure of the baby-skin to fresh air in a normal temperature.

CLOTHING

Next in importance to the food of the infant is its clothing. The usual style of dressing babies the first three months of their lives is positively barbaric; not that it imitates uncivilized people, but because it evidences the grossest ignorance and cruelest vanity. The mother seems to have no way of expressing her pride in her child except by bedecking it with elaborate garments. These usually consist of three long skirts, two of them

attached to bands which are fastened around the body. The weight of this clothing prevents the free use of the baby's feet and legs, putting it into a kind of civilized strait-jacket, thus preventing it from exercising the only part of its anatomy that it can freely move.

It is nothing uncommon to see a beautiful baby sore, irritated, and broken out with heat all over its little body by being heavily enveloped in barbaric rags. The child, therefore, is made to suffer merely that it may please a proud mother, and conform to an ignorant custom a thousand years old.

The only purpose clothing should serve is that of bodily warmth. When it is made the instrument of painful adornment it is serving the same purpose as "rings in the ears and bells on the toes," and the mind of the mother who thus afflicts her child is in the same class as that of the ignorant barbarian whom she imitates.

TEMPERATURE OF BABY'S FOOD

It should be remembered that all liquid food for a child up to twelve or fifteen months old should be administered at a temperature no lower than blood-heat. The liquid mixtures named herein may be made in advance of the needs, and placed upon ice merely to preserve them, but should be warmed to a temperature of at least ninety-nine degrees Fahrenheit before administering to the child.

Pure water should be given to all children from the time they are two weeks old.

BANDAGE

The bandage should be removed about the close of the third month.

EMACIATION

In case of slight emaciation or lack of fat, the child should be given an olive-oil

rub once or twice a week, rubbing gently into the skin about one teaspoonful of oil.

GENERAL INSTRUCTIONS FOR CHILDREN
AFTER ONE YEAR

All children, whether breast-fed or bottle-fed, are subject to practically the same health rules after they are about one year old. Therefore I will now consider all children in the same class, and lay out for them what may be termed general instructions in health and hygiene.

Care should be exercised to omit from the diet of children just beginning to take solid food, all articles that will not dissolve readily without mastication.

GENERAL DIET FROM AGES
ONE TO TWO

The diet from the first to the second year should consist of:

Baked apples

Baked potatoes—sweet or white

Cereal—limited quantity (thoroughly cooked)

Cream soups—home-made, such as:

Cream of celery	Onion
-----------------	-------

Potato	Rice
--------	------

Tomato, etc.

Eggs

Milk

Pulp of soft ripe fruits

Vegetables—thoroughly mashed, such as:

Fresh	{	Asparagus
		Corn
		Peas
		Squash

The above vegetables contain much cellulose or pulp which should be entirely discarded, leaving only the meat or purée; but to the child from eleven to fifteen months old, they should be administered in very limited quantities.

SIMPLICITY IN FEEDING

Especial attention should be given to simplicity in feeding:

- 1 Avoid giving too many things at the same meal; from three to four articles at one time are sufficient
- 2 Mothers should be especially cautioned against giving a child bread made with yeast, or baking powder, and against the old diet of milk toast
- 3 All meat, flesh food, stimulants or narcotics of every kind should be omitted from the diet of children
- 4 The crowning mistake of the dotting mother is often made in feeding her child from the conventional table, on such things as weakened coffee or tea, meats, and condiments
- 5 The custom of giving children an excess of sweets has ruined millions of little stomachs, and

has given them a heritage of dis-ease and suffering before they have entered their 'teens

6 All condiments, such as pepper, salt, vinegar, pickles, and all pungent things should be eliminated from the diet of children—the taste of the child is very susceptible to cultivation, and with very little encouragement it will accept things that have no place in the human economy, and which are positively harmful

7 When a child begins teething, it may be given a small piece of hard water-cracker with safety

If the above rules are observed, it is reasonable to assume that normal hunger of the child will guide it very correctly in selecting, proportioning, and combining its food through the period of childhood until it enters the period of youth.

OLD AGE

There seems to be two critical periods in every life—the ages of thirty and sixty. If the sixtieth year can be turned with good digestion, normal assimilation and excretion, it is fair to assume that with reasonable care the century mark may be easily reached. It is also reasonable to assume that experience will have taught most thoughtful people what to eat and what not to eat, but the mortality tables of nearly all civilized countries, of which the writer has made a careful study, prove that a majority of people do not reach their sixtieth year, and but a very small per cent of those who do are blessed with good digestion. Therefore an old age diet is quite as important to the student as infant feeding.

For purposes of convenience, I will put all cereal products, legumes, and white

potatoes in the starch or bread class, and henceforth they will be referred to as such.

The majority of disorders that mark the difference between youth and age may be traced directly to the over-consumption of meat and bread, especially cereal starch. The hardening of the arteries, the stiffening of the cartilage, the enlargement of the joints, and the general lack of flexibility throughout the body is due almost wholly to the over-consumption of these two staples.

Uric acid is always present in gouty and rheumatic conditions, but it is there as Nature's defense against our sins, and not as a primary cause. Meat is not the cause of uric acid as has been popularly taught. Uric acid is one of the constituent elements of all animal bodies, and when the normal supply in the human body is supplemented by that which is contained

Meat and
bread produce
old age

Uric acid in
rheumatic con-
ditions

in the body of the animal upon which we prey, we are oversupplied. This is as far as meat-eating contributes toward uric acid poisoning.

When the body is young and growing, it can consume and appropriate a considerable quantity of starchy or structural material, but

Soluble
starches
desirable

when it is fully grown, or has turned forty, it can subsist healthfully upon a diet containing only from three to five per cent of starch, and as one becomes older the more soluble forms of starch should be taken, such as the starch contained in green peas, beans, and corn, which, immature, is readily soluble and assimilable. The starch in the banana is also easily appropriated and will not leave calcareous deposits in the arteries and in the joints, as does the mature starch contained in the cereals.

After the fiftieth year the diet becomes more and more a factor needing special attention in the daily regimen, both as to

selection and quantity; and with advancing age the quantity of food should be gradually reduced until the minimum which will support life healthfully is reached.

In old age the diet should be governed by the same general rules as those of younger people; that is, elderly people should select, combine, and proportion their food according to temperature of environment, labor, and age. Those performing manual labor can use and eliminate food material which would produce uric acid and other poisons in the body of the sedentary worker.

THREE PERIODS OF OLD AGE

Old age may be divided into three periods. From fifty to sixty the diet should consist of a very limited quantity of bread products (not more than two per cent); fresh green vegetables, fresh

Importance of
diet with ad-
vancing age

Diet from
fifty to sixty

mild fruits, nuts, a normal quantity of milk and eggs, a limited quantity of sugar, and a moderate amount of fats.

From sixty to seventy the amount of cereal starch should be reduced to one

Diet from sixty to seventy	per cent, or not more than two per cent, while the other articles named may be taken
----------------------------------	--

as suggested from fifty to sixty, gradually eliminating starchy foods, and increasing foods containing proteids, casein, and albumin.

Between the ages of seventy and one hundred, the same general suggestions

Diet from seventy to one hundred	as those above laid out should be followed, eliminat- ing entirely all cereal pro-
--	--

ducts. The more soluble forms of starchy or carbohydrate foods, such as potatoes, bananas, and green peas, beans, corn, etc., may be taken. (See Lesson XIII, Vol. III, p. 632.)

The necessary amount of fats, albumin, casein, and proteids must be governed

by activity and temperature of environment.

The following are suggestions for one day's menu, in spring and summer, age between fifty and sixty. Choice of menus may be exercised, but each menu should be taken in its entirety.

MENU I

MENU II

BREAKFAST

Melon or subacid fruit	One or two very ripe bananas, with figs, cream, and nuts
One egg—coddled	Choice of fruit—non-acid
A potato or a very little coarse bread	Two glasses of milk
A glass of clabbered milk or buttermilk	
Two tablespoonfuls of raisins, with cream and nuts	

LUNCHEON

Choice of peas, corn, beans, or creamed onions	Choice of carrots, parsnips, beans, squash, or asparagus
Eggs or buttermilk	A baked sweet or a white potato
A baked potato	A glass of buttermilk
A salad or something green, with nuts	Cream cheese, dates, and nuts
A banana, with cream, nuts and dates	A very small portion of green salad, with grated nuts

DINNER

One fresh vegetable—spinach, cooked ten minutes	A green salad
One egg or a very small portion of fish	Two fresh vegetables
A baked potato	A sweet or a white potato, with sweet butter
Choice of dates, figs, or raisins, with cream cheese and nuts	A glass of sour milk

In cases of constipation, two or three tablespoonfuls of coarse wheat bran (cooked, if desired) should be taken with the breakfast and the evening meal, and a spoonful just before retiring, taken in a glass of water. Such fruits as plums, peaches, or berries should be taken daily, just after rising and just before retiring.

The following are suggestions for fall and winter menus, for a person between the ages of fifty and sixty:

BREAKFAST

Oranges, apples, pears, or soaked prunes
An egg and a small portion of either plain boiled
wheat or rice
A very ripe banana, with nuts and raisins

NOTE: Sweet fruits may be taken instead of the acid fruits suggested, and milk instead of eggs.

LUNCHEON

One or two fresh vegetables, such as carrots,
onions, turnips, cabbage, or beans
Celery or any coarse plant
A potato or a very small portion of corn

If not very active, the luncheon may consist of two glasses of buttermilk and a spoonful of wheat bran.

DINNER

Choice of two fresh vegetables
A baked potato
Choice of fish, eggs, or buttermilk
Corn bread or a very small portion of coarse
cereal

All fresh, watery vegetables should be cooked in a casserole dish.

A sufficient quantity of water should be drunk at each of these meals to bring the moisture up to about sixty-six per cent of the meal—two to three glasses.

These meals are mere suggestions, and are therefore subject to many variations.

All green salads may be substituted for one another; all starchy products—grain, potatoes, and legumes—may also be substituted for one another.

ATHLETICS

The diet for the athlete really differs but little from that which should be taken by every person in normal health, the object in all cases being to secure the greatest degree of energy from the least quantity of food. In order to do this, the laws governing the selecting, the combining, and the proportioning of foods should be observed. When the digestive, the assimilative, and the excretory organs are properly performing their functions, the object should be to gain the highest efficiency in food with the least amount of loss or waste. Every diet, therefore, should be made an athletic diet.

In dealing with the public at large, the work of the practitioner will be confined very largely to prescribing for those who, by violation of Nature's laws, have become dis-eased, or in some way

physically abnormal, and in these cases, of course, a remedial or counteractive diet first becomes necessary.

In dealing with the athlete as a special class, however, we must consider him as

General diet for normal athlete	a normal creature, somewhere between the ages of twenty and forty. We must also
---------------------------------------	---

consider that his digestion and assimilation of food, and elimination of waste are normal. Under these conditions, the diet should consist of highly nitrogenous and proteid compounds, leveled or balanced by the requisite amount of carbohydrates and fats.

If the athlete is training for action in summer, the quantity of fat should be

Quantity of fat required at different seasons	reduced according to tem- perature or climate. When the thermometer ranges in
--	---

the seventies and eighties, one ounce of fat each twenty-four hours would probably be sufficient, while if the mercury is down in the twenties or thirties, from

two or three ounces may be required to keep up bodily heat.

The following are suggestions for summer athletic diet:

BREAKFAST

Fruit or melon

*Corn, or boiled wheat, with nuts and cream

Eggs, whipped, with sugar and cream—lemon juice flavor

LUNCHEON

Break from four to six eggs into a bowl, adding a heaping teaspoonful of sugar to each egg; whip five minutes; while whipping, add slowly one teaspoonful of lemon juice to each egg; to this add half a glass of milk to each egg, and drink slowly

*Corn or a potato

DINNER

Fruit, berries, or melon

A salad of lettuce, tomato, and grated carrots; serve with dressing of lemon juice, grated nuts and olive-oil

One fresh vegetable

An egg or tender fish

A baked potato

Buttermilk

***NOTE:** Corn to be prepared as follows:

Cut lightly from cob with a sharp knife and scrape down with a dull one; serve uncooked with a little salt, sugar and cream.

The following are suggestions for winter athletic diet:

BREAKFAST

A baked apple or an orange
 One coarse cereal, with nuts and cream
 Two eggs, either whipped or boiled two minutes
 Very ripe bananas, with dates, nuts and cream
 (If bananas are not very ripe, they should be peeled and baked) See recipe, Vol. III, p. 677

LUNCHEON

Beans or lentils
 Carrots, turnips, squash, or corn
 Fish or eggs
 A baked potato
 Buttermilk

DINNER

Two fresh vegetables
 A green salad, with oil
 Omelet, with grated nuts
 A banana, with nuts and cream, and either dates
 or raisins
 Buttermilk

These menus, like those given for summer, are merely for the purpose of suggesting selections, combinations, and proportions of food that will meet the exigencies of temperature, environment,

and work. The quantity of food required will depend largely upon the size (physique) of the individual, the severity of training, and the feats to be performed. It is especially important that these suggestions be well considered at least one day before engaging in any athletic event or work requiring extraordinary physical effort, as the human body appropriates or uses food from twenty-four to thirty-six hours after it is eaten.

If one is to be exposed to extreme cold, an excess of fats should be taken, beginning thirty-six hours before exposure. If much physical effort is to be exerted, the diet should be balanced as to all nutritive elements, with an excess of nitrogenous foods. In fact, these rules should be observed by every one who desires to make feeding scientific, and to make food his servant instead of his master, as our civilized habits have a tendency to do.

Exposure to
extreme cold
or exertion

SEDENTARY OCCUPATIONS

Nature demands from every form of life a certain amount of activity or motion. Any transgression of this law means disintegration. Rest is merely the process adopted by Nature to reconvert matter into its original elements. To whatever extent one ceases activity, Nature, under normal conditions, inflicts this penalty.

Man's civilized habits and customs have produced a class of workers who, while at work, are deprived of their requisite amount of motion, and who, therefore, pay the penalty by shortened periods of life, and by numerous disorders which we have come to characterize as dis-ease. There is but one method known to science by which these penalties may be avoided, and by which the worker whose occupation must be sedentary may become as

healthful as his brother who can order his life in conformity with Nature's laws. That method lies in the ordering of his diet.

All dis-ease may be called *congestion*, or the failure of the body to eliminate

Dis-ease is
merely con-
gestion poisons and waste matter.
The process of elimination
is assisted by activity (work

or play). The accumulation of waste and poisons in the body is measured or determined almost wholly by the diet.

The man who is swinging a pick or a sledge hammer in the open air may eat

Diet governed
by work or drink almost anything,
because his powers of elimin-
ating waste are aided by his

work. It follows, therefore, that those whose work is of a sedentary nature must procure their nutrition from substances containing the minimum of waste, and producing the maximum of energy, and the quantity must be measured accurately

by the demands of the body, or auto-intoxication (self-poisoning) will result.

Intestinal congestion (constipation), which is almost universal among sedentary workers, is caused in nearly all cases by consuming a quantity of food in excess of the physical demands, and which cannot be thrown off owing to the lack of exercise. It is at this point that science must lay out the dietetic regimen so as to make it conform to the occupation, or to the lack of physical activity.

The following are suggestions for a spring or summer diet for the average sedentary worker:

BREAKFAST

Cantaloup, berries or peaches, with sugar and cream

An egg

One or two bananas, with nuts, cream, and raisins (Bananas should be baked, if not very ripe)

LUNCHEON

Peas, beans, or asparagus

A heaping tablespoonful of nuts

A salad of lettuce and tomatoes, with nuts

A baked potato, tender corn, or a very little coarse bread

DINNER

Melon or cantaloup

Two tablespoonfuls of nuts

One or two fresh vegetables, including an ear of tender corn

Fish, eggs, or buttermilk

Plain ice-cream, if something sweet is desired

GENERAL DIRECTIONS FOR SEDENTARY
WORKER

The student will recognize that in these menus the heavier foods are prescribed sparingly, while the lighter or the more readily soluble articles predominate. From these suggestions a fair idea of a fall and winter diet can be drawn.

Indigestion, sour stomach (hyperchlorhydria), constipation, malassimilation, and general anemia are the disorders with which the sedentary worker is most commonly afflicted.

In dealing with each and all of these conditions, including obesity, which is often the result of sedentary habits, the first thing to be done is to limit the quantity of food to the normal requirements of the body, and in extreme cases a diet below the normal should be observed; no one was ever made ill by underfeeding. Then, with proper care

as to the selection, combination, and proportions of food, and an increased amount of exercise and deep breathing, the person of sedentary habits should be made as healthy and strong as the outdoor worker in the fields of manual labor.

CLIMATIC EXTREMES

In considering a diet to meet the requirements of climatic extremes, either hot or cold, it is necessary to reckon from normality, both as to climate and as to the health of the individual.

All the foregoing lessons, taken as a whole, are designed to teach one method or theory, involving two principles:

- 1 Selections, combinations, and proportions of food that will counteract and remove the causes of unnatural conditions called dis-ease

- 2 Selections, combinations, and proportions of food that will bring the body up to its highest degree of development and there maintain it

Under normal conditions the temperature of the body may be thoroughly controlled by feeding. The principal process of metabolism is that of making heat out of the fuel given to the "human boiler." The amount of heat, therefore, that a given quantity of food will produce is determined very largely by the amount of resistance that is met from natural environment.

The human body, under ordinary conditions, in a temperature of 60° Fahrenheit, will use about two ounces of pure fat every twenty-four hours. If the temperature should drop to 30° Fahrenheit, it would require about three ounces of fat every twenty-four hours to keep the temperature of the body at normal.

Amount of fat
required in
different tem-
peratures

Under certain conditions of exposure it might require as much as five and even six ounces of pure fat to maintain normal temperature of the body, and in the extreme north, where the temperature ranges in winter from 25° to 30° below zero, the natives often take as much as sixteen ounces of fat during the day. Fat being the principal heat-producing element, it is, therefore, the most necessary thing to consider in a temperature of extreme cold.

The student will readily understand that, in order to maintain a normal standard of vitality and endurance, the selection of foods must be made according to age, activity, and temperature.

For a person undergoing a reasonable amount of exposure, and working in a climate where the temperature is ranging between 20° and 30° Fahrenheit, the following menus, covering one day, may be suggested:

Immediately on rising, drink a cup of hot water, then take vigorous deep breathing exercises, followed by a cool sponge bath and rub down.

BREAKFAST

(An hour later)

Add half an ounce of sugar to two or three eggs, and whip five minutes; add a tablespoonful of lemon juice while whipping; mix with this two glasses of rich milk

A tablespoonful of nuts

One very ripe banana, with cream

LUNCHEON

One fresh vegetable

Lima or navy beans

A salad, with either olive-oil or nuts

A baked potato or boiled wheat (A liberal supply of butter or cream)

DINNER

A baked sweet potato

One or two vegetables

Eggs, or buttermilk, unskimmed

A baked white potato, with either olive-oil or butter

Dates, with cream cheese, or gelatin, with cream

As the temperature becomes lower, the amount of fats and proteids should be

increased according to exposure and activity.

The student should bear in mind that carbohydrates, proteids, and fats are the most important factors in the winter dietary. Other articles can be held level over a wide range of temperature, provided these three staple nutrients are taken in the requisite proportions.

Nearly all people in normal health instinctively avoid heat-producing foods

Summer diet requires sci- entific consid- eration	in hot weather, and as in warm or hot climates people live more in the open air, oxidation is therefore more perfect, and has a tendency to aid elimination, so the errors of diet are not so serious. Never- theless, the food to be taken in hot cli- mates, or the heated term of summer, should receive scientific consideration.
--	---

Anthropoid life, of which man is the highest type, originated in the tropics, and nearly everything necessary for his highest physical development grew prodi-

gally in that country. His natural or primitive diet was nuts, fruits, and salads (edible plants).

Civilization has transplanted him in the north, and has laid heavier burdens upon him, therefore he needs, in many instances, heavier and different foods, such as the carbohydrates, proteids, fats, and the albumin and the phosphorus in eggs.

As the temperature becomes warmer, the heat-producing factors, such as fats and carbohydrates (starch and sugar), should be gradually reduced.

The following menus are suitable for the average person, in normal health, between the ages of thirty and sixty, when the temperature is ranging from 70° to 90° Fahrenheit:

BREAKFAST

Cantaloup, peaches, or berries
Very ripe bananas, with grated nuts and cream
A glass of milk

LUNCHEON

One whipped egg
A fresh vegetable
A teaspoonful of nuts
A lettuce and tomato salad
A baked sweet or white potato

DINNER

Peas, beans, asparagus, or corn
A salad, with grated nuts and carrots
A potato
One whipped egg
Half a glass of milk
A service of gelatin

These menus are mere suggestions, not invariable, and in following them it should be remembered that all green salads may be substituted for one another, and as a general rule such underground articles as beets, carrots, turnips, and parsnips may be substituted for one

another. Also green corn, peas, and beans are in the same general class. (See "Constipation," Vol. III, p. 761.)

Observation of these rules will give the student rather a wide range of articles to draw upon in selecting a diet for the normal person.

LESSON XVII

NERVOUSNESS ITS CAUSE AND CURE

LESSON XVII

NERVOUSNESS ITS CAUSE AND CURE

The nerves of the human body are the most important, the most complex, and probably the least understood of any part of the human anatomy. In conditions of health they are never heard from, therefore every expression of the nervous system is a symptom of some abnormal physical condition.

The usual term "nervousness" conveys to the mind of the average person such conditions as sleeplessness, restlessness, lack of mental and physical tranquillity, but to the trained mind of the food scientist or physician, it means mental aberration, hallucinations, morbidity, mental depression, lack of self-confidence, uncertainty,

True meaning
of nervousness

loss of memory, fear of poverty, anticipation of accident, tragedy, death, insanity, and a multitude of things that never happen. Language cannot adequately describe or convey to the mind of another person the strange impressions that sweep o'er the mind—the mental anguish caused by an ordinary case of nervous indigestion. Those only who can understand why many good men and women sometimes take their own lives, or commit some great crime, are those who have experienced the same affliction.

If we could correctly interpret the various symptoms given to the brain from the nervous system, and would heed these symptoms, the body might be kept in almost perfect health under all conditions of civilized life.

The lack of fresh air and exercise is always told by nervous expression, but the most important and significant message conveyed by the nerves at the brain is

Relation of
nutrition to
nervousness

that concerning food and general nutrition. Instinct often leads us to fresh air and exercise, but with our food it is vastly different. We acquire a taste for certain things; the habit grows upon us, and though the nerves tell the story to our senses over and over, we heed it not because we are held behind the bars of habit by the tyranny of appetite. In this respect the tobacco fiend, the drug fiend, and the food fiend are all in the same class.

CAUSES

Nervousness usually begins in the stomach. The primary causes are over-eating, combining foods which are inharmonious, and which set up chemical disturbance, or, the use of stimulants and narcotics. When we take into the stomach more food than the body needs, or can use, Nature calls to its aid an excess of hydrochloric acid, which irritates the

Effect of excessive acid

walls of the stomach. The food then passes into the intestines supercharged with acid, which sets up a similar irritation throughout the intestinal tract, with the result that the millions of nerve fibers leading out from the stomach and the intestines to every part of the body, and from the stomach directly to the brain, cause mental unrest, and storms of depression popularly termed nervousness.

As previously stated, the length of time food remains in the stomach is usually determined by the amount of hydrochloric acid present. An excess of acid hurries the digestive process in the stomach, and forces the food along too rapidly into the upper part of the small intestine. Here the acid partly neutralizes the lubricating fluids, the food becomes congested, and we have the condition commonly called constipation, which is one of the most prolific causes of nervousness known.

Constipation
a factor in
nervousness

The fecal matter being thus arrested in its passage, remains in the body over Nature's time-limit, and therefore undergoes a form of decomposition from which there arises carbon dioxid and other poisons which are absorbed into the blood, and which irritate the entire nervous organism. The expression of the nerves, or their protest against this condition, we call nervousness.

Primary cause
of nervous-
ness

The use of tobacco, tea, coffee, all stimulating and sedative beverages, all stimulating and alcoholic liquors, have a tendency to irritate the nerve fibers the same as an excess of hydrochloric acid. To quiet the nerves with a tonic or a drink is temporarily to paralyze these sensitive organs, leaving them in a worse state of excitement and disturbance when the effect of the drug has passed away.

Effect of
stimulants on
the nerves

Many conditions of nervousness are attributed by nerve specialists and phy-

sicians to overwork, business worries, etc. With this diagnosis the writer does not agree. Long experience with these conditions has proved that if the body is correctly fed according to age, occupation, and temperature of environment, and stimulants omitted, one cannot overwork; sleep will come when Nature demands it, and the individual desiring to overwork will be forced to rest. When the body is properly nourished and cared for according to these laws, worry ceases; we become tranquil, thoughtful, and philosophic.

The highest ideal in life is to produce a perfect specimen of man or woman, physically, as well as mentally. The only way to accomplish this is to care for the body; the way to defeat this purpose is to overwork and worry in order to accumulate the thing called property.

The desire to accumulate property has for its excuse immunity from work at

some future time so that we can enjoy
 Working for life, but experience teaches
 wealth alone us that the physical cost of
 defeats its this effort defeats the very
 purpose purpose for which we are striving.

THE REMEDY

The victim of nervousness should first seek a complete change of environment, and engage in pleasant, and, if possible, profitable occupation.

Thousands of people become nervous wrecks by pursuing work for which they
 Therapeutic have no natural taste or
 value of work- ability, and many become
 ing for the nervous from the monotony
 public good of environment. This is especially true with women, and while it is exceedingly difficult for countless housewives and mothers to escape from this monotony, yet they can secure relief by becoming interested in some work of a public or quasi-public nature, or by taking up a

“hobby” that has for its purpose some form of public good.

All people love the plaudits and esteem of their fellow-creatures, and there is nothing that will relieve the monotony and bring that satisfaction which all of us desire more quickly than earnest labor in a worthy cause. Therefore, this is one of the first and the best remedies for that character of nervousness caused by the monotony and narrowed life of the average woman.

The most prolific cause of nervousness, however, is incorrect, unnatural habits of eating and drinking, therefore, the logical remedy must be found in simplifying, leveling, and making the diet conform to the requirements of the body governed, of course, by age, occupation, etc.

The nervous person should eliminate from the diet acids, sweets (see Lesson VIII, Vol. II, pp. 313 and 332), flesh foods, and all stimulating beverages.

The following menus, with variations according to the available supply of fruits and vegetables in season, should be adopted:

SUGGESTIONS FOR SPRING

Choice of the following menus:

MENU I

MENU II

BREAKFAST

A cup of hot water
Two baked bananas
Steamed wheat—cream

Very little farina or oat-
meal, with cream
A glass of buttermilk

LUNCHEON

Corn hominy, with butter
or cream
Raisins, nuts, cream cheese
One or two glasses of water

A white potato, baked
A large, boiled onion
Corn bread
A glass of milk

DINNER

A pint of junket
Bran gems
A coddled egg (For bran
meal and coddled eggs,
see Vol. III, pp. 677 and
683)
Hot water

One egg or a morsel of fish
A baked potato
Choice of carrots, parsnips,
or onions
(A green salad or spinach
may be eaten at this
meal, if desired)

One or two glasses of water should be
drunk at each of these meals.

If there is a tendency toward constipation, a liberal portion of wheat bran, thoroughly cooked, should be taken at both the morning and the evening meal.

Bran possesses valuable nutritive properties, such as mineral salts, iron, protein and phosphates, and it harmonizes chemically with all other foods.

SUGGESTIONS FOR SUMMER

BREAKFAST

Melon, or any mild subacid or non-acid fruit, such as pears, baked apples, sweet grapes, very ripe peaches, Japanese plums, or persimmons

Choice of whipped egg or junket

A banana—natural, or baked, if the digestion is slightly impaired

LUNCHEON

A fresh green salad, such as celery or lettuce, with oil or nuts

Onions, uncooked

A whipped egg

Carrots, peas, or beans

DINNER

Corn, carrots, peas, beans, or squash

Half a cup of plain wheat bran, cooked

A baked potato

A glass of water

SUGGESTIONS FOR FALL

In adopting the two-meals-a-day system, the noon meal should be omitted. This gives the stomach and the irritated nerves a rest, and creates natural hunger which augments both digestion and assimilation. (See Lesson XIII, p. 630).

BREAKFAST

Melon or peaches

A very ripe banana, with soaked prunes and cream

A spoonful of nuts

One or two spoonfuls of whole wheat, cooked very thoroughly

One egg, prepared choice—preferably whipped

One glass of water

A green salad or some sweet fruit may be eaten at noon if very hungry.

DINNER

Squash or pumpkin, cooked en casserole

Fresh string beans

A baked sweet potato

One or two tablespoonfuls of nuts—choice

Junket or gelatin

A glass of water

SUGGESTIONS FOR WINTER

FIRST DAY: On rising, drink two cups of cool water, and devote from five to ten minutes to vigorous exercises and deep breathing.

BREAKFAST

A cup of hot water or thin chocolate

A small portion of boiled wheat

One exceedingly ripe banana, eaten with cream

One or two eggs, whipped—cream and sugar added

One or two figs, with cream and either nuts or nut butter

LUNCHEON

Two eggs, whipped; add a flavor of sugar, orange juice, and a glass of milk

A cup of hot water

DINNER

Turnips, carrots, parsnips, onions—any two of these

A baked potato or baked beans

A small portion of fish, white meat of chicken, or an egg

Just before retiring, take exercises as prescribed for the morning, and, if constipated, two or three tablespoonfuls of wheat bran.

SECOND DAY: The same as the first, slightly increasing the quantity of food if hungry.

THIRD DAY: The same as the second, adding one or two baked bananas to the morning meal, and varying the vegetables according to the appetite for the noon and the evening meal. Nearly all vegetables such as turnips, beets, carrots and parsnips may be substituted for one another.

FOURTH DAY:

BREAKFAST

- Tokay or Malaga grapes
- A cup of hot water
- Two eggs, lightly poached, or a very rare omelet
- A whole wheat muffin or a bran gem
- A cup of chocolate
- A liberal portion of wheat bran (one-fourth oatmeal), cooked and served as an ordinary cereal, eaten with butter

LUNCHEON

Choice of either *a* or *b*:

- a* Two eggs, prepared as follows: Break into a bowl. Add a teaspoonful of sugar to each egg. Whip five minutes very rapidly with a rotary egg beater. Add a glass of milk and a teaspoonful of orange juice to each egg
- b* A quart of milk and half a cup of bran
One baked banana

DINNER

Any green salad—celery or shredded cabbage (very little), with salt and nuts

Choice of any two fresh vegetables

Choice of:

- a* One or two exceedingly ripe bananas,
baked, eaten with butter or cream
- b* Figs or raisins, with cream
A glass of water

Exercise the same as prescribed for the first day.

FIFTH DAY: The same as the fourth day.

SIXTH DAY: The same as the first, repeating these menus for a period of three or four weeks.

The nervous person should eat very sparingly of bread and cereal products, with the exception of bran and a few coarse articles, such as flaked or whole wheat or rye, and these should be taken sparingly while under treatment.

A generous quantity of water should be drunk at meals, and mastication should be very thorough.

If the body is overweight or inclined toward obesity, the diet should consist of

fewer fat-producing foods, such as grains, potatoes, milk, eggs, and an excess of vegetable proteids. If underweight or inclined toward emaciation, the fat-producing foods should predominate.

Under all conditions of nervousness the patient should take an abundance of exercise and deep breathing in the open air, and sleep out of doors, if possible. An abundance of fresh air breathed into the lungs is the best blood purifier known, and if the blood is kept pure, and forced into every cell and capillary vessel of the body by exercise, the irritated nerves will share in the general improvement.

The cool shower or sponge bath in the morning, preceded and followed by a few minutes' vigorous exercise, is a splendid sedative for irritated nerves.

RECREATION

The nervous person should divide the day as nearly as possible into three equal

parts—eight hours' pleasant but useful work; eight hours' recreation, and eight hours' sleep.

Under modern civilized conditions the majority of people do not seem to understand recreation. The summer seashore resorts, with their expensive attractions and whirling life, the great hostelries in the hills and mountains, and the lakes where thousands of people congregate, entail upon them certain duties, anxieties, expectations, disappointments, and often financial strain that deprive these places of all features of recreation, and make the sojourn there one of labor and strife. The real purpose that takes most people to these resorts is to be seen; to "star" themselves before the multitude, which in its last analysis is a kind of vanity, and it is obvious that from any effort in this direction no recreation can be obtained.

The nervous person should seek a few congenial and thoughtful companions,

and get back into the great heart of nature where everything moves in obedience to supreme law. Associate intimately with animals; study their habits, and notice how they respond to kindness; admire their honesty; analyze the love and fidelity of a dog. This is true diversion and recreation. This defines the purpose of life, if there be purpose behind it. This draws a sharp distinction between the condition that makes nervousness and the condition that makes honest, thoughtful, useful human beings.

LESSON XVIII
POINTS ON PRACTISE

INTRODUCTION TO POINTS ON PRACTISE

The preceding lessons were written through a period of many years' active practise in treating dis-eases by scientific feeding. They were intended as a normal course to qualify doctors, nurses, and those who wished to treat dis-ease by this method. However, the demand for this class of information has come from people in every walk of life, therefore the lessons, and all technical matter composing this entire work have been most carefully revised and rewritten in simple language so that any person of ordinary intelligence can comprehend them.

The following lesson is intended for the guidance of the practitioner in beginning his work in this branch of the healing art.

Inasmuch as nearly all human ills are caused by errors in eating, the preceding lessons have been confined almost wholly to dis-eases that originate in the digestive organs.

LESSON XVIII

POINTS ON PRACTISE

There are a great many abnormal conditions of the human body classed as dis-eases that bear a very remote relation to diet, but in practise the student will soon learn that many of these conditions, which have not been considered in these lessons, will entirely disappear when the diet is perfected. This is true because dietetic treatment, based upon the fundamental laws of nutrition, is reconstructive, hence every part of the anatomy shares in the general improvement.

There are many logical arguments to support the theory that there are no incurable dis-eases. There are many cases, however, where the vitality has be-

come so low that recovery from disease is impossible, but if the patient could be taken in time, the correct diagnosis made, and the proper food, air, and exercise given, Nature would begin her work of rebuilding at once. In view of these facts it is somewhat difficult to fix a limit to the scope of scientific feeding.

Scope of scientific feeding

SUGGESTIONS FOR THE PRACTITIONER

The science of prescribing diet is a work that can be best conveyed to the patient in writing, hence one of the first and most important things for the new practitioner to do is to study the art of polemics—acquire the ability to write plain, convincing literature and letters. This is one of the greatest arts within the scope of human learning, and is probably susceptible of greater development than any other branch of human endeavor.

The value of letters

Every person has his own individual method of expression that should be preserved and cultivated. Select some good author and copy his logic, but not his language. For this purpose I would recommend the works of Henry George, the great economic philosopher—and probably one of the greatest polementitions that ever lived.

The student should begin by taking up some simple branch or certain subject

Writing is	of his work, and writing a
mental	short argument or essay upon
calisthenics	it, using every fact that he

can possibly command to convince imaginary readers of the correctness of his theories. Select a new subject and write something on it every day. This is merely mental calisthenics, and after a month's training the thoughts and the language will flow with a freedom that will enable the student to write just as he feels.

It would be well to arrange an argument based upon each lesson separately,

dividing it into short chapters. These arguments or essays should be logically arranged to form a booklet, with proper title, as such representative literature is vitally necessary to the growth and the success of your work. It will also be found that this will be splendid mental exercise, and will serve well in presenting your work, either orally, or by letter.

A booklet
describing
your work

Every one should endeavor to be original in his literature; in other words, no special effort should be made to quote any "authority" or to copy the style of other writers. Put your own personality into your work, for the most successful writer is not always the one who uses the most learned, polished or scholarly language, but the one who can convey his thoughts to the minds of others in the simplest and the most comprehensive language.

The personality
of the writer

Language at best is but a vehicle for conveying the thoughts of one person to the mind of another, and while there are accepted standards in literature and letters, from which one should not make too radical a departure, yet the ability to present one's convictions, or position convincingly should be of first consideration.

The most important thing in writing is to have something to say; then to say it so that it can be understood.

VALUE OF EXPERIENCE

Experience is the only method by which theory can be converted into knowledge. The best possible source of information, therefore, is personal experimentation. If the student should have any disorder, especially of digestion and assimilation of food, or elimination of waste, he should experiment upon

himself along the lines laid out in this course. He should keep an accurate record of selections, combinations, and proportions of food, with results or symptoms. He may thus be able to arrange menus for himself, even more effective than those given as examples or guides throughout the course.

If there are no personal disorders that will permit of such experiments, then they should be made upon some other person with whom the student is sufficiently familiar in order that accurate information concerning the results may be secured.

Though the student may be normal and healthy, it is possible to make many valuable experiments in regard to special adaptations of diet, such as combinations to induce natural sleep; to produce and to relieve constipation and diarrhea; to produce excessive body-heat when exposed to cold, or the minimum of heat in summer, or in warm climates.

VALUE OF DIAGNOSIS

Correct diagnosis is one of the most important factors in the practise of applied food chemistry, and when a correct diagnosis has been made the remedy will suggest itself if the student has a thorough understanding of causes.

In diagnosis it is often necessary to ascertain the patient's general habits of

Causes some-
times very
remote

eating during the few years prior to the appearance of the disorders. As an example, rheumatic conditions are often superinduced by an overconsumption of starch, usually cereal starch and acids. This overindulgence may have continued for several years before the appearance of any rheumatic symptoms. The primary causes being residual in the body, exposure, low vitality, or extreme climatic changes may give expression to them in the form of rheumatism, or some kindred trouble.

After determining the causes, a diet should be designed which will counteract existing conditions. This may usually be accomplished by limiting the quantity of food somewhat below the demands of normal hunger. This will give the digestive organs less work to do, and the body an opportunity to take up or consume any excess of food matter that may have become congested. In cases accompanied by loss of hunger, it is sometimes necessary to put the patient upon an absolute fast from one to three days, but in the majority of cases a semi-fast is best, prescribing light, nutritious foods of a remedial character.

Value of limited feeding

EDUCATE YOUR PATIENT

In beginning treatment each patient should be made acquainted with the fact that the radical change in diet may bring slight discomfort. While the sys-

tem is adjusting itself to the new regimen, there is usually a slight loss of weight and a feeling of weakness or lassitude.

It should be impressed upon the mind of the patient that regaining health and strength is in reality a process of growth or evolution, hence slow and gradual; that when one has violated the laws of health for many years, Nature will not, or probably cannot forgive all these sins and repair all these wrongs in a month or two. However, when one gets in harmony with the physical universe, and conforms to the laws of his organization, Nature will construct (cure) much more rapidly than she formerly destroyed (produced dis-ease).

The practitioner may have many cases that for some seemingly mysterious reason will not respond to a perfectly natural diet and will, therefore, be called upon to change the diet from time to time in

Curing a slow
process

The patient
should agree
with the diet

the vain hope of finding combinations of food that will agree. In these cases the student should not be led to deviate too far from what he knows to be a natural and chemically harmonious regimen. If such a diet does not produce the desired results, it is not always the fault of the food, but the fault of the patient. If the food is right, and does not agree, it is the patient that is wrong, hence the logical thing to do is to make the rebellious patient agree with the food, instead of searching for a food to agree with the patient.

These facts should be impressed strongly upon the mind of the one under treatment, and he should be prevailed upon, if possible, to conform strictly to a correct diet until Nature is given time and opportunity to bring about an adjustment between the individual and his food.

It has been the custom of the medical profession for centuries to shroud its work in mystery, to write prescriptions

in a dead language, to keep patients in ignorance of the remedies being applied. This seems to be necessary, probably because an intelligent discussion of allopathic drugs, their sources and their constituent elements would, no doubt, prove fatal to their administration. The food scientist should follow exactly the opposite course. He should make a very careful diagnosis, taking into account the diet, habits of exercise and exposure to fresh air prior to the appearance of the disease, as well as at the time of treatment. By giving the patient a thorough understanding of your work, you gain his confidence and faith, which wield a very powerful influence over the body.

EFFECT OF MENTAL CONDITIONS

A very careful examination should also be made of the mental conditions. Worry, fear, or anxiety often produce seri-

our digestive trouble which is generally attributed to other causes, and which should be treated very differently from the same trouble caused by errors in eating.

Worry or fear
causes stom-
ach trouble

During my professional work many patients have come to me laden with fear, caused by the thoughtless or perhaps reckless statement of some physician. It is indeed as great a crime for a doctor to pass the "sentence of death" upon a man who comes to him for help as it would be for the judge of a court to pronounce the death sentence upon a prisoner without hearing the evidence, and some day when the power of the mind or suggestion is understood, it will be so considered.

It is impossible to fully estimate the effects of fear on the human body. Each year I become more and more impressed with the fact that fear is one of the most potent factors in the cause of dis-ease.

What Chris-
tian Science
has done

Christian Science has relieved thousands of people through the simple presentation of a philosophy that induces the individual to throw off this burden of fear. It matters not whether this burden is cast upon the Gentle Nazarene or John Doe, the fact that it has been disposed of often leads to relief and recovery. Christian Science has done the world a great service—it has put out the fires of an orthodox hell by pouring into it orthodox medicine.

With a clear knowledge of the powerful psychological law, and the laws of human nutrition, the student has at his command two of the greatest forces in Nature for the relief of human suffering.

PUBLICITY

Judicious and truthful advertising is another important factor in the success of the food scientist. Advertising has been considered unethical by medical men

for years. It has been discredited, not because it is wrong, or because there is any harm in telling the public the truth about one's business, but because so many spurious nostrums and patent medicines were exploited by "quack" doctors, that the respectable physician deemed it best to adopt the other extreme in his effort to keep entirely out of this class.

Advertising, however, is rapidly acquiring a more honest and upright character. The best magazines and some weekly newspapers will no longer accept advertisements of a questionable character, especially regarding medical remedies. Many of these excellent publications go so far as to vouch for and guarantee the honesty of everything exploited in their pages. Such methods are gradually purifying the advertising atmosphere.

There is no logical reason why anybody who has a virtuous and useful article, or

who has discovered anything in the realm of science that would be a benefit to humanity, as well as a profit to himself, should not make it known as widely as possible through the instrumentality of advertising.

Advertising
both virtuous
and necessary

In preparing advertising literature, whether for magazines, booklets, or letters, facts and truth concerning your work are all that is necessary. No statement should be made that can in any way jeopardize your reputation; nothing should be stated or claimed that cannot actually be made good.

For many years it has been my policy to keep my advertising conservatively below the full limit of facts; in other words, the whole truth concerning that which can be accomplished by scientific feeding sometimes seems so startling to the lay mind that the experienced advertiser will not state it as it really is.

A patient of mine who had been in a wheel chair for twelve years, and afflicted for twenty years with locomotor ataxia, was so much improved within a year's time that he walked from Brooklyn to my office in New York City to exhibit himself. He gave me a testimonial letter and the privilege of using it in my advertisements. I wrote up the facts in regard to his case and submitted them to my agent, who was an expert advertiser, and he advised me not to state the facts as they were; the public, he contended, would not accept them as true.

BE COURTEOUS AND TOLERANT

It is almost impossible to estimate the moral effect of a broad-minded, tolerant and courteous attitude toward others engaged in the practise of the healing art. Medical doctors seldom agree, especially those of different schools. They accuse each other of ignorance and incompetence,

and the public is sometimes inclined to concede that they are right.

In certainty and in truth one has confidence and strength which is always conducive to tolerance. The food scientist, knowing the laws of cause and effect in regard to nutrition, and knowing the proper use of natural methods of diet and hygiene in the prevention and the cure of specific diseases, needs neither to dispute with a fellow practitioner, nor to argue with his patient. He can afford to state his position and quietly allow Nature to prove his claims.

LESSON XIX
EVOLUTION OF MAN

The following lessons, while they do not treat directly of either the chemistry of food or the chemistry of the body, are so closely allied to these subjects that this work would not be complete without them.

LESSON XIX

EVOLUTION OF MAN

WHAT IS EVOLUTION?

If a resident of a city, who is not familiar with modern farm machinery, should see a grain-binder at work, he would be impressed with the skill and the ingenuity of man. In all probability he would think that the machine was the product of one inventive mind. In this, however, he would be mistaken. The reaper in its modern form is the result of gradual development or growth.

The earliest method of gathering grain was pulling it up by the roots. Later, as cutting tools were invented, a rough knife was used to sever the stalks just above the ground. An improvement

An example of
evolution

upon this method was the cycle; then came the scythe, then the cradle; and next came the mower which was operated by horse-power. From the mower was developed the self rake, which bunched the grain so that the hand-binders could work with greater facility. The next improvement was a self-binding machine. In the present machine we have all of these and many other improvements, which give greater speed with less waste of labor and time.

This development of the grain-binder is a process of evolution. In order to understand a machine so as to use it intelligently, or to make improvements upon it, it is necessary not only to know the machine as it actually is, but also to know the history of its development up to its present form.

The story of the evolution of a machine is, at best, but a crude illustration of the evolution of man. Nevertheless, the conclusion is the same. If we are to un-

derstand man, we must study not only his present physical and mental state, but also the history of his development. Yet those whose work is concerned directly with man—whether they be teachers, guiding the growth of the child; statesmen, formulating the laws and regulations by which men are to be controlled in their public actions; or physicians, who are supposed to instruct and to guide men in the care of their physical well-being—are often densely ignorant of the most rudimentary knowledge of the evolution of man as it is now known and understood by the leading scientists of the world.

Our entire system of education, our ideas of health and dis-ease, our social customs, the principles of our form of government; our ideas of right and wrong, of rewards and punishments, are all fundamentally concerned with the evolution of man, and when this knowl-

edge is studied with as much application as are the ancient languages, we may expect to see humanity progress at a rate hitherto unknown.

The evolution of man has been very much misunderstood. The term "evolu-
Significance
of the term
"evolution"
tion" is a broad one. It may refer to the growth of the individual, or to the race.

It may mean the development of strictly physical organs, or of mental habits, of social customs, or of material products of man's genius, as the great works of civilization in the form of recorded learning, and the wonderful products of man's building ingenuity as seen in modern cities.

The subject of the evolution of the human race may be grouped into three general kinds of development or growth:

- 1 The development of the physical
man
- 2 The development of the mind

3 The development of custom and of external civilization

Evolution in these three directions has taken place simultaneously. The mind and the body depend upon each other for their life and actions; while customs are merely the product of many minds working together and communicating their ideas to each other.

The human race is but the sum of the individuals composing it. We cannot consider the development of the individual without considering him in his relation to the race, neither can we understand the development of the race without understanding the growth of the individual.

One distinction too often overlooked by those who are not familiar with physiological science is the difference between actual physical inheritance and external

customs. I wish to dwell at length upon this distinction, because a lack of understanding upon this point has been the source of many errors of judgment on the part of those who have been interested in the subject of physical training and food science.

Difference between inherited and acquired characteristics

At birth the individual inherits an organism with certain tendencies, both physical and mental, but this inheritance should not be confused with the physical habits which the child acquires by training from its parents and its associates. Thus, the child may inherit a brilliant mind, a weak stomach, or a sixth finger, but the child does not inherit a liking for broiled lobster, or a fondness for golf, or for driving an aeroplane. These are acquired and developed as habits, the same as the child would learn English or French, or would cultivate a fancy for parting his hair in the middle, or on the left side.

THE THREE GREAT PROOFS OF THE EVOLUTION
OF ANIMAL LIFE

At the present time scientists are agreed upon the general theory of the evolution of man. The discussions pro and con regarding this, which exist today, are either discussions of minor points which have not yet been clearly worked out, or are the discussions of people who have grasped only a portion of the idea of evolution, and who are ignorant of its broader conception and of the facts which science has brought to the light of day.

The three great proofs of evolution are:

- 1 The actual history of the past recorded as fossils in the rocks and in the relics of pre-historic races
- 2 The existence in the world today of a range of animals and plants which shows living examples of earlier types

3 The repetition of the development of man as found in the growth of the individual

These three separate records of the development of living beings are considered by scientists as a most conclusive proof of the truth of evolution. Recorded as fossils in the rocks, we find the story of the development of all life upon the earth, from its simplest to its highest forms of plants and animals that live today, among which is man.

The first forms of animal life were, in all probability, minute one-celled organisms; these left no visible

The earliest
forms of
animal life

fossil remains. As soon as animals developed hard parts in their bodies, such as shells and bones, we find a record of their existence as fossils. The earliest recorded forms of life were various kinds of sea-creatures, of which the modern crustacea (lobsters, etc.), snails, clams, and various shell-fishes are types. Later were developed

boneless fishes, on the order of skates. After these came true fishes; then amphibia (frogs, etc.); then reptiles, birds, and, last of all, mammals, including man.

The facts are the same, whether we take the history of the successive forms as recorded as fossils in the rocks, or the living representatives that remain to tell the story in another form.

The third proof, which is the story of evolution recorded in the growth and development of the individual, is yet more interesting.

The single
cell is the
nucleus

As life developed from simpler forms, each individual animal or plant became more complex, or carried a little further the process of growth. But the method of reproduction of new individuals remained fundamentally the same. Each individual began, like its ancestors, as a single-cell being. By the process of nutrition these single cells in each case would grow, divide, and produce various tissues and organs, but

always repeating the general story of the development of the race.

The growth of the human embryo offers many proofs of evolution, which are wholly unexplainable upon any other theory of the origin of man, and would in themselves prove the truth of this view of man's creation were the proofs of geology entirely lacking. A single example will serve as an illustration. The human embryo at a certain period develops gill slits in the neck, the same as the embryo of a fish. This formation of unused or rudimentary organs which are afterwards outgrown, is very common throughout the animal world. In the upper jaw of a calf there are formed at a certain period incisor teeth, which never grow through the gums, but are reabsorbed and disappear as the calf develops.

I will not go further into the proofs and facts of the general theory of the evolution of animal life, but will now

consider the later period of the development of man, which will show us his relation to other animals, and from which we can derive much valuable information regarding his natural physiological requirements.

MAN'S ANIMAL KINSHIP

The conception of man being descended from a monkey has been the subject of much wit and mirth.

The scientist is not concerned with this theory; he only claims that man is very

Man's relation
to anthropoid
apes

closely related to certain monkey-like forms known as anthropoid apes. The proofs of this assertion are abundant and conclusive. In fact, anthropoid apes, such as gorillas, chimpanzees and orang-outangs, are much more closely related to man than they are to other kinds of monkeys. This relation is shown by very close resemblance between the anatomy of man and apes, especially as to the teeth and

digestive organs. Other facts are now known, of which Darwin and early investigators were ignorant, which prove this relation in a much more striking manner.

Late studies upon the growth of the embryo of anthropoid apes have shown that they were at certain periods almost indistinguishable from human embryos.

Comparison of
blood from
man and apes

Another proof, quite striking and interesting, is in the similarity of the parasites and diseases of men and apes. Scientists have, within the past few years, made a series of comparative investigations upon the blood and serum of men and apes, which have resulted in most remarkable discoveries. There are certain accurate tests known to the physiological chemist by which human blood may be distinguished from the blood of all other animals, but the blood of these man-like apes is an exception to this, and cannot be distinguished from human blood.

From these facts it is clear that the earlier types of men were creatures whose physical development and whose habits were not very different from those of apes. The development that has taken place since that time is truly very wonderful and has resulted in a widening gap between man and apes that today seems very great. The truth remains, however, that this gap is not so much one of anatomy and physiology as it is one of mentality and of external habits and material aids to living that have resulted from man's greatly developed mental faculties.

Thus, when the mind of man reached the stage of development in which the use of articulate speech became possible, the evolution of intelligence proceeded at a very much more rapid pace than had been possible before. He could communicate his ideas to his fellow-creatures; concerted action became possible, and the

faculty of reason, or the ability to think was multiplied by the number of beings who could communicate with each other.

The power of reason and the ability to communicate ideas resulted in the formation of those habits which distinguish man from other animals. When one primitive man learned the use of a club as a weapon, found how to use sharp-edged stones as cutting tools, or discovered the wonders and power of fire, he communicated his new-found knowledge to the other members of his tribe, with the result that new ideas became common property.

This spreading of habits or customs took place very rapidly among men and

Man's bad	was the source of the various
habits have	changes which distinguished
kept pace with	civilized life from savage life.
his progress	

But we must here point out that not only good habits were so spread, but bad ones as well. The origin and the use of opium and of alcohol, the injuries of fashionable

dress and the economic wrongs of tyrannical government originated along with the birth of language, art, science, and all that uplifts and benefits mankind.

Clearly, then, that man is misinformed who defends a wrong by referring to its age and reasons that, if certain things were harmful, they would not have survived. To the young thinker the existence of harmful ideas and habits among mankind may at first seem inconsistent with the principles of the survival of the fittest, but this difficulty will disappear upon further investigation.

Since the beginning of recorded history many factors have helped to deter-

Factors that
determine the
survival of
races

mine what kind of individuals and races should survive.

War, economic wealth and poverty, intellectual beliefs, religions, and social institutions have all been potent factors in determining who should survive. With wealth and conquest came

the opportunity to gratify tastes and passions of which the poor individuals of weaker races could not avail themselves.

Many of the habits and customs which man has developed are not necessary to life, and may be positively detrimental to health and longevity. They have been handed down from generation to generation, not because of their benefit to man, but in spite of their detriment.

Such condition of affairs would not be possible if man were not the dominant animal. Man's intellectual supremacy has given him power over the rest of nature, which has resulted in making his struggle for existence much less severe. His use of weapons and of artificial protection from natural destructive forces, as severe heat or cold, has made it possible for him to live and to produce offspring in spite of wrong habits and wrong methods of living, and the natural resistance of life.

A prevalent error that is due to an incomplete knowledge of the facts of evolution is the belief that Man's organs have a limited power of adaptation organs readily change or adapt themselves to the habits or environment of the individual. This is not true to the extent that it is ordinarily believed. Each individual has a certain limited power of adaptation. He may develop his lungs to a greater breathing capacity, or train his hand for certain skilled work, but these particular acquired habits of the individual are not inherited.

Evolution of the race proceeds by the law of natural selection. Thus, if those who are born with great vigor and strong lungs are enabled to live where their weak-lunged neighbors will die, the result will be that their offspring, having greater lung capacity, will form a race with increased lung capacity. But the individual training of the lungs, or of the hand, or of any other organ of the body,

will not of itself change the inherited tendency, or, to use a common term of the scientist, the germ-plasm of the race.

Organs and functions will change or become evolved by natural selections; that is, where it is a matter of life and death. But where the selective agencies depend upon other things, an organ may be used or abused for thousands of successive generations, and yet the natural inherited organ of the new-born child will be identical in development and function to that of the remote ancestor.

There are abundant proofs that so-called "acquired characteristics" are not inherited. Were acquired characteristics inherited, Chinese women would be born with small feet and the babies of the Flathead Indians would inherit the flat head which has for generations been produced by binding a flat stone on the soft skull of the new-born infant.

In the light of this fact we may understand how it has been possible for man to live through the varying dietetic habits and customs that the constantly changing ideas and tastes of civilization have thrust upon his physical organism. Each individual has transmitted to his offspring the same type of digestive organs and functions that he himself inherited from his remote anthropoid ancestors.

Thus, such terms as "back to nature," "natural diet," etc., only mean to the food scientist the habits of life or the dietary which is most suited to the unperverted physical organism of man. They do not imply the meaning that is popularly given to the term, of casting aside all the habits and customs of civilized man, but only the adapting of these customs to the inherited physiological organism of man.

Indeed, science may actually improve upon primitive conditions, and still not

be inconsistent with the requirements of the inherited physiological machine. No intelligent man will dispute the advantage of a house in a snowstorm. Yet the house is artificial. It is not "natural" in the sense that the term is commonly used.

Or, again, man has by the aid of civilization rendered it possible for us to use foods far removed from their source of production, or, by preservation, to have them at seasons of the year when nature does not provide them. These artificial results of civilization are good. They are a part of the story of evolution, the benefit of which no one can question.

But the great majority of the dietetic "frills" of modern man are actually unsuited to his physiological make-up, and exceedingly harmful. They have been developed as have habits of drink or personal adornment and may be in direct antagonism to the ultimate well-being of the human race.

Man's dietetic
development

I have briefly reviewed the history of the evolution of man. The facts to be remembered are:

- 1 That men are descended from earlier and more primitive types of beings and are governed by the same general laws of heredity and nutrition as are other forms of animals
- 2 Man, being a distinct species of animal, has particular laws that apply only to him, and therefore we should be careful not to judge him too closely by facts regarding other forms of animal life
- 3 Man has changed very materially in the few thousand years of his civilization, in his external habits and customs, but very little in his fundamental physiological processes; therefore we should be able to judge what will be best suited

for his needs by studying the process of the development of his organs during the millions of years that preceded the historic period. This plane of life is best seen today in the case of savages unacquainted with fire, and in the case of anthropoid apes.

With this general survey of evolution, and a clear understanding of the principles involved, I trust the reader will consider the facts here presented in the unprejudicial spirit of the true scientist.

LESSON XX

SEX AND HEREDITY

LESSON XX

SEX AND HEREDITY

THE ORIGIN OF SEX

That part of human life and living that is associated with the functions of sex and reproduction is at once the cause of the world's greatest misery and the world's greatest happiness. It is the subject of the greatest popular ignorance and superstition, and at the same time the field of the most wonderful of all scientific knowledge.

For the origin of sex we must look back into the remote ages of creation in the early stages of organic evolution.

The first essential property of matter that makes life possible is the power of

nutrition, which means the ability of the living cell to transform other chemical substances into its own protoplasm or living substances.

Fundamental
function of
the cell

But this world would have remained a barren mass of igneous rock if nutrition had been the only function with which the earlier forms of life were endowed. Not only must the living cell be enabled to grow by absorbing other substances, but it must reproduce itself, or multiply the number of living individuals.

The first method by which this was accomplished was undoubtedly one of simple division; that is, the living cell grew by absorbing other substances and when sufficient size had been attained, divided, forming two daughter-cells. This division process of reproduction is the form by which all bacteria (so-called dis-ease germs) and many other lower forms of life increase their numbers.

First form of
reproduction

This process of reproduction, by simple division, was early supplemented by

Second form
of reproduc-
tion

another process of reproduction in which two living cells first fused or combined and then divided to form two or more daughter-cells. This form of reproduction seems to have added stimulus or vitality to the organisms. The supposed reason for this is that the isolated cell was inclined to weaken or lose its chemical balance or tone. The exact nature of this deterioration is not very clearly understood, but in a higher form of life it is well illustrated by the tendency of certain plants to "run out" when grown continually in the same soil, or of animals to become weakened when inbred. At least, all scientists concede that with the

Strength in
fusion of cells

process of fusion or the combining of two cells there is added a stimulating and invigorating force which enables life to combat more successfully the unfavor-

able elements of its environment, and to change or evolve into higher forms.

Throughout the range of plant and animal life this process of cell union,

Sexual repro- duction in plants	or sexual reproduction, has grown and become elabor- ated into most varied and
---------------------------------------	--

wonderful forms. Large volumes could be written describing the many wonderful adaptations of plant and animal life, the purpose of which is to secure sexual reproduction. All those who have studied botany are familiar with the many ways in which the seeds of plants are fertilized by pollen. For instance, certain species of orchids have a receptacle in the blossom, shaped like a teapot, which is filled with a fluid resembling water. This little tea-pot has an entrance and an exit.

Near the entrance is sweet-scented nectar

Fertilization of orchids	which attracts the bee. As the bee passes through this gateway he is tripped up on
-----------------------------	--

a little trap-door arrangement and pre-

cipitated into the fluid. His wings having become wet, he is obliged to crawl out through the exit.

The object of this elaborate device is as follows: In the entrance passageway

The wonderful
process of
flower fertil-
ization

is located the stigma (female organ), while in the exit passageway the male or pollen-bearing organ of the orchid is found. The bee visits several of these flowers consecutively, and, as he makes his exit from each flower, he bears away on his body a portion of the pollen, which is transferred to the stigma of the next flower visited; while the bee, being forced to go through a "plunge bath" before visiting another flower, acquires a fresh load of pollen in each case. This scheme is a certain means of securing fertilization or sexual reproduction, and positively prevents inbreeding (the fertilization of a flower by its own pollen). This is merely one of the wonderful adaptations of nature in the solution of the sex problem.

In the animal kingdom the methods of sexual reproduction are also varied and wonderful. In many of the lower forms of animals, such as the various sea-creatures, the methods of reproduction may be those of division, as first mentioned, or a method combining division with true sexual reproduction. In the case of fishes, the eggs of the female are deposited in the bottom of a stream and are later fertilized by the sperm-cells of the male fishes. This involves a tremendous waste of reproductive cells, scarcely less extravagant than the waste of pollen in plants, such as is seen in a corn-field when the ground becomes yellow, during the tasseling season, with the myriads of pollen grains that failed to secure lodgment upon the silks of the young ears of corn.

Reproduction
among fishes

Nature's
wasteful
methods

In the types of animals that are of higher form than fishes, that is, reptiles,

birds, and mammals, the fertilization of the germ-cell (egg) takes place within the body of the female. In the case of the latter group—
 Reproduction in higher forms of life mammals—the true egg is hatched within the body of the female, and the offspring, or embryo as it is known to scientists, grows there for a considerable period before birth.

A RATIONAL VIEW OF SEXUAL HEALTH

The anatomy and the physiology of reproduction will not be considered in detail in this work, as this would require a very lengthy and technical treatise. The remainder of the lesson will be devoted to the relation of the reproductive functions to general health and happiness.

In the process of evolution this function of reproduction was vitally essential to the life of the race. As a result there developed in all animal life strong sexual

or reproductive instincts. As is plainly evident, all animals, including man, with such instincts most strongly developed would be the most successful in producing young, and through these offsprings the race or species would inherit like reproductive desires.

Development
of reproduc-
tive instincts

In the case of man and the higher form of animals, this general instinct, the purpose of which was to produce offspring, became diversified into many instincts. Not only does the reproductive instinct in this broad sense include what is commonly known as sexual passion in man, but it may very truly be said to be the essence of sexual love and parental love. Broad-minded scientists are even inclined to believe that the so-called social instinct or love for our fellowmen is but a distant reflection or shadow, as it were, of the original or natural instinct to produce offspring.

Kinship of the
sexual, pater-
nal and social
instinct

There has arisen among civilized man a tendency to separate and class as two distinct things the strictly physical element of sexual desire, and the associate emotion of intellectual love between the sexes. As a matter of fact there is no distinct line of demarcation.

That the former instinct has grown into disrepute and has come to be considered a forbidden topic in polite society, is due to the fact that sexual passion, like all other human acts which may be a source of gratification, can degenerate by overindulgence into a destructive and demoralizing vice. This is equally true of other forms of appetite, but the reason that the instinct of sex, when degenerated, becomes such a tremendous source of destruction and death is because of the important part played in the game of life by the reproductive function.

The functions of reproduction are, in both sexes, very intimately and closely

associated with the nervous or vital mechanism of the entire body. For this reason, when the sexual functions are perverted or abused the result is serious injury to the general nerve tone or vital force of the system. Likewise the contrary proposition is true; therefore, when for any reason, the general nervous tone or vital force of the body is deranged, the associated result is frequently abnormal passion or weakened sexual functions.

A great deal of literature has been written and circulated throughout the country by well-intentioned individuals purporting to give popular knowledge regarding the subject of sex. But such literature has greatly exaggerated the evils and the dangers connected with sexual health. Outside of specific germ dis-eases transmitted through the sexual organs, and which, while serious, have been painted much darker than the facts

justify, there is little excuse for all this horror and scare about sexual weakness and perversion.

Sexual health, like mental or muscular health, is a matter of common sense and right living. Proper feeding, proper oxidation, proper circulation (exercise), perfect elimination of waste-products, and a suitable distribution of both mental and physical work will result in perfect nutrition. This means normal, wholesome body-fluids and body-cells. With these things gained, the sexual organs and sex-function will have a fair opportunity for normal existence, and the matter of sexual health, and the consequent happiness which accompanies it, is then simply a matter of temperance, common decency, and self-control.

Relation of
nutrition to
sexual health

right living. Proper feeding,
proper oxidation, proper cir-
culation (exercise), perfect

elimination of waste-products, and a suit-
able distribution of both mental and phy-
sical work will result in perfect nutrition.
This means normal, wholesome body-
fluids and body-cells. With these things
gained, the sexual organs and sex-func-
tion will have a fair opportunity for
normal existence, and the matter of
sexual health, and the consequent happi-
ness which accompanies it, is then simply
a matter of temperance, common decency,
and self-control.

EMBRYOLOGICAL GROWTH—PRENATAL CULTURE

Upon the growth of the human em-
bryo, or so-called prenatal culture, there

exists a great deal of popular superstition, which is utterly groundless from the stand-point of accurate science. The views that have been promulgated regarding prenatal culture are for the main part harmless, and, for that matter, may be productive of good.

The idea of the prenatal culturist is that the mental as well as the physical growth and development of the unborn child can be controlled by the mother. The only ground for this belief is as follows: The child is nourished from the blood or nutritive fluid of the mother, with the result that the growth and the development of the child may be very readily influenced by the nutrition of the mother.

The mental condition of the mother has an influence on the growth of the child, but it is indirect. All organs and

functions of the human body are controlled by the nervous system, and if the

**Influence of
fright, anger,
etc.** nervous impulse be deranged or weakened it may result in a serious impairment of

nutrition. For this reason fright, anger, and other strong passions may result in lasting injury to the unborn child, but this injury is at most a matter of stunting or malnutrition, and cannot result in the voluntary mental life of the mother being transmitted to the child.

As evidence of these assertions, I would call the reader's attention to the

**Mother's nu-
trition the only
factor in influ-
encing her child** fact that there is no nervous connection whatever between the embryo and the

mother, but after the fertilization of the germ-cell, the only way in which the mother can influence the growth of the child is by the nutrition which her blood supplies to the growing tissue of the embryo.

As further proof of these statements, I will cite the investigations of Darwin in regard to the popular superstition of birthmarks. At the instance of Mr. Darwin, some seven or eight hundred women of a London hospital were very carefully questioned before the birth of the child, as to any incidents which had happened that, according to popular notions, might result in birthmarks or deformities. In no instance was any incident given which resulted in the expected deformity; but the most interesting feature of the investigation was that several women whose children were born with birthmarks recalled, upon seeing the deformity, some incident which seemed to give a possible explanation, thus showing to the mind of anyone familiar with psychology that the true explanation of all so-called remarkable incidents of birthmarks and of prenatal influence is merely one of superstition or self-deception.

HEREDITY

How often we hear someone remark upon the wonders of heredity. People are astonished because John should look like John's father. As a matter of fact, the astonishment should come the other way. The child is but a continuation of the life of the parents. The cells from which the child develops have within them the power to grow and to produce individuals like the parents. This is wonderful, but it is only another form of the wonder of a willow twig growing into a willow tree when placed in moist earth.

To the scientist, then, the wonder comes, not in the fact that the child resembles the parent, but in the fact that the child is not identical with the parent.

Part of the explanation of this lack of identity, or, as it is known to science, variation, is due to the fact of sexual reproduction; that is, to the fact that

the child has two parents instead of one.

The physiological process which takes place in the union of two reproductive cells is truly most wonderful. Of late years this has been studied under powerful microscopes and has resulted in some very wonderful revelations of the mysteries of Nature.

The nucleus (center of growth) of the parent cells contains little thread-like structures known as chromosomes. These chromosomes are considered to be the physical basis of heredity. In each species of animal there is a definite and a different number.

When the sperm-cell unites with the female or germ-cell, these thread-like chromosomes pair off and unite each chromosome with the corresponding structure from the other cell. The combined

Microscopic
study of re-
productive cells

Chromosomes
in different
species

Action of the
chromosom

structures then divide, and half of each chromosom is cast out of the cell-nucleus, and plays no part in the life of the future being; the other half is retained and divides as each new cell is formed.

Thus we see that every part of the new individual is the result of the fusion or combination of the two parents. This explains the variation of inheritance, and through this source must be traced all traits of heredity. After the original fusion of these microscopic physical elements of heredity, the future development of the individual is wholly a matter of environment and nutrition.

WHAT HEREDITY IS

What heredity is and what it is not will now be considered in a practical way.

General characteristics due to heredity

It is clearly a matter of heredity that a man is born a man and not a monkey.

Likewise, it is clearly a matter of heredity

that distinguishes the various races of men. We could go farther and trace out and describe many of the physical distinctions which mark families, and even individuals, such as general size of frame, form of countenance, color of hair and eyes, etc.

Among mental traits we can safely ascribe to heredity only general distinctions. Intellectual parents are more likely to give birth to intellectual children than are parents whose natural mental faculties are less developed. There is also no doubt that certain natural characteristics of mind, such as quick temper, musical ability, etc., may be inherited. The belief, however, in the inheritance of many less distinct features, both physical and mental, is not well established by scientific investigation. Strength of muscle, control of the nervous system, susceptibility to, or freedom from disease, etc., are more matters of nutrition and environ-

Characteris-
tics not at-
tributed to
heredity

ment than of inheritance. The idea that consumption, alcoholism, etc., are inherited, or that the education or training of parents along certain lines will result in children with faculties adapted to similar education, is not in accordance with scientific knowledge.

SUMMARY OF FACTS REGARDING SEX AND HEREDITY

1 The function of sex has been developed in the process of evolution for the purpose of perpetuating life.

2 The sexual functions are very closely related to the life of the individual, and can be normal only when the laws of nutrition and of general hygiene are observed.

3 The idea of prenatal culture as commonly taught is a delusion; the only method that the mother can employ to control the growth of her unborn child is to live a wholesome, normal life,

physically and mentally, and thus supply her own body and that of the child with perfect material for the building of living cells.

4 The powers of heredity are often overestimated, and many of the weaknesses and disorders of life supposed to be inherent can be overcome by proper nutrition and environment. All life, whatever be the inherited tendencies, will be developed to the highest possible capacity by obeying the laws of individual growth, for in the individual, as in the race, Nature is always striving to bring the products of her work to the highest degrees of perfection.

LESSON XXI

REST AND SLEEP

LESSON XXI

REST AND SLEEP

REST

Throughout all nature we observe the phenomena of universal rhythm, manifested in opposing forces, such as heat and cold, light and darkness, construction and destruction, etc. The human body is as much affected by this rhythm as is any other form of life.

There are two forces continually at work within us, one toward destruction and disintegration, and the other toward construction and upbuilding. The common physiological terms for these activi-

ties are “waste” and “repair,” and we observe them as one of the distinct manifestations of the universal laws of growth, progress, and evolution.

History moves in cycles. Even the life of nations depends somewhat upon this same principle of the interplay of the positive and negative forces of life.

We see the same thing in the changes of the seasons upon the face of the earth.

Life and death
in changes of
seasons Throughout autumn and winter there is a process of decay, death, and disintegration; leaves fall; plants and vegetables die; fruits ripen, fall and decay. This process continues until former beautiful and symmetrical bodies of matter are thoroughly disintegrated, and the particles once composing them are separated into their original elements, to be appropriated in new manifestations of life in springtime and summer.

We are inclined to think of the human body as a machine—a marvelous, intri-

cate, and complex mechanism which serves our will and our desires; as a tool with which we work out our earthly destiny. But, unlike man-made machines, it is self-repairing, self-adjusting, and contains within itself the forces of construction, which are constantly tending toward perfection, while our industrial machines are constantly tending toward their own disintegration and destruction.

Every movement of the body, conscious or unconscious, even thought and emotion, use up some part of the body-tissue which must be replaced by new material. This constant change in the texture and the make-up of the body we call "metabolism," involving the functions of digestion, absorption, assimilation, and elimination.

While we may regard the body as a machine, there are many points in which

the favorite comparison to a steam-engine is not exact.

The inert metal composing the steam-engine has no power in itself, nor does power act through the different particles of metal, but it is controlled by the external application of force, which is the result of chemical changes caused by combustion in the fire-box. The metal of the engine has no part in the production of this energy. It does not need to take periods for rest, and if it were possible to supply it continually with water and fuel, it could run steadily from the time it was started until one or more of its essential parts were destroyed through friction.

But the engineer and the fireman who drive the engine find it necessary to rest from their labors at certain intervals, not merely for fuel and water, but to prevent serious destruction of body-tissue. This

Favorite comparison of the body with the steam-engine

Necessity for rest

is true because man is compelled by hitherto unrecognized laws to give his body an opportunity, not only for readjustment in its composition, but also for the actual renewal of that power which animates him and makes him an intelligent, self-adjusting, and self-controlled being.

THE OLD PHYSIOLOGY

According to the teachings of the old physiology, our stomachs were fire-boxes of the human engine; food was fuel, and the stomach was supposed to transform this fuel into work or energy by a process not entirely clear. Just as it is impossible for the lifeless iron and steel, within itself to transform coal and water into dynamic power, and to apply that power to its own locomotion, so it is impossible and entirely incompatible with reason for mere muscular tissue of the body to

The stomach
as a fire-box

extract enough energy from the food we eat to perform the work necessary for that transformation itself, besides enough more to carry on all the functional activities of the system, and at the same time to do hundreds of foot-tons of physical labor. In this fact lies the key to some understanding of the phenomenon of rest and sleep.

Phenomenon
of rest and
sleep

The old physiology was really never able to explain how it was possible for the digestive apparatus to extract, from the amount of food consumed, the enormous amount of energy which the average person expends each day.

REST AND RE-CREATION

These terms are often confused. When one is engaged in some occupation or activity other than his regular vocation, it is commonly called "re-creation." This is a misconception, because it is merely a

Change of
occupation not
re-creation

change in activity and must also be more or less destructive to other sets of nerves or muscular tissue. It is not in reality re-creation—it simply throws the life-power into a new channel, which is more responsive, and calls for less action from those parts of the mechanism which have been employed in the work from which one is seeking relief. It is for this reason that we find some pleasure in a new and different activity, though it, too, may be destructive to the human cell.

One may alternate from one kind of activity to another indefinitely, which
 Specialization in business not conducive to health would be better than *no* change, but the human mechanism would finally give way under such violation of fundamental law. The mental worker may change, however, to any manual labor requiring little thought, and the physical worker to some form of mental labor, with far better effect. But, in our present civilization, specialization has become so far

advanced that the physical laborer is seldom qualified for mental work, and the mental worker has almost neglected manual training.

True rest and re-creation is found in mental tranquility and sleep.

SLEEP

From observation and study of the state we call sleep, we notice that as night approaches and the activities of the day wear upon us, both the nervous and the muscular organisms relax, so that it becomes more and more difficult to maintain a positive and an active attitude of mind. There is a tendency toward cessation and rest, which gradually brings upon us that passive condition called sleep.

In spite of the fatigue often experienced before we retire, we awake again on the morrow with renewed strength and power. From these and other reasons we

are led to believe that during the hours of activity the body is constantly expend-

Evidence of
acquired en-
ergy during
sleep

ing vital energy in both internal and external work, and that during the hours of sleep, through some unknown process, the body is charged with vital energy which is stored up and used gradually for carrying on the various functions and activities of the system.

Just what this energy is, just where it comes from, just how it is stored, just the

The mystery
of energy

manner in which it is delegated to the body, we cannot say. We can only observe its workings, or effects, and formulate therefrom a theory. We are led to believe, however, that this energy is stored in the nervous organism, perhaps most largely in the brain, as brain tissue is the last to break down or waste away in sickness, ill health, dis-ease, or starvation, often maintaining its full weight up to the point of death.

Even in sleep the expenditure of energy in the vital processes continues vigorously, depending upon conditions immediately preceding sleep, but usually in a much more passive degree than in the waking hours. These activities, however, are no more pronounced in their constructive action or repair, than in ordinary periods of rest during the waking hours.

SOME REASONS

The processes of nutrition, alone, demand the expenditure of much energy, and the degree of energy available from foods, even by perfect combustion, would yield but a fraction of the energy expended by the body.

The average laborer in shoveling coal, swinging an axe or a pick, expends energy far in excess of the amount that could

possibly be obtained from his food. A day laborer may eat a piece of beefsteak, two or three potatoes, and a few slices of bread, and will shovel twenty tons of earth to a height of five feet; a Japanese soldier will carry a heavy load and walk all day, subsisting only on a handful of rice, and besides this, will do some thinking, which consumes energy.

We also have on record fasts, of from thirty to forty days, which, in some cases, show a slight gain in strength. Evidence gained from "fasts" and "no breakfast" plan There are also hundreds of students of natural living who adopted the "no breakfast plan" and again many, only one meal a day, limiting their consumption of food to comparatively small quantities of nuts, fruits, and vegetables, who have found thereby a remarkable increase in vitality, strength, and general physical and mental power.

Since the processes of nutrition, including digestion, circulation, assimilation, and excretion consume energy, and notwithstanding this we are able to perform hundreds of foot-tons of labor a day besides; since we have found it possible to continue to live, and in some cases to even increase the amount of strength and work-power on a very limited diet; since it is a mathematical impossibility to produce as much energy from the food consumed as the body expends, we are forced to the conclusion that we do not obtain all our energy from food. Therefore, from a careful analysis of the phenomenon of sleep, we conclude that it is very closely connected with this mystery.

Relation of
sleep to ex-
penditure of
energy

OXIDATION AND AIR

One of the most important of the vital functions is breathing. Physiologists, teachers, and lecturers continually remind

us of the comparative time we could
 Relative im- live without food or water,
 portance of and the remarkably short
 air, food and time we could live if entirely
 water deprived of air.

Oxygen is vitally necessary for the
 purpose of purifying the blood and sup-
 plying the various tissues
 Oxygen not the only required and fluids in the body, of
 element in breathing which oxygen forms an im-
 portant constituent. However, oxygen
 is not the only necessary element which is
 utilized by the system in the process of
 breathing, as human beings die imme-
 diately upon being placed in a receptacle
 of undiluted oxygen. Just what this
 other factor is, science has not clearly
 defined, but that it is concerned with
 rest and sleep we have at least uncon-
 consciously recognized, as shown by our
 often referring to periods of rest as
 "breathing spells"; from the fact that
 we have found it of great importance to
 keep the air we are breathing moving

constantly about us, especially while asleep. From all these facts we are forced to believe that sleep plays an important part in producing and maintaining body-energy, besides constantly recharging the system with oxygen.

LESSON XXII

A LESSON
FOR BUSINESS MEN

LESSON XXII

A LESSON FOR BUSINESS MEN

That which tends to make a good business man, in the popular mind, is the establishment of great industries and enterprises, coupled with accumulation of money by the individual.

A careful review of the history of business men who have made a success along these lines shows that the majority of them sacrificed their health and their lives to their business. In the last and final analysis, therefore, these were not good business men.

The best musician is he who can bring more sounds into harmony. The best artist is he who can best harmonize colors and reproduce nature. Likewise, the best business man is he who can best harmonize or balance the affairs under his control.

Health being entirely under and within his control, if he disregards it—gives it no thought—violates the laws that govern it, and finally wrecks it, he is not a good business man, as all business depends upon the power of the individual, and the powers of the individual depend upon his health.

The man who, from a cheap tin store, founded “The Fair” in Chicago, and
 Examples of poor business men allowed the business to de-
 throne his reason, and to
 send him to his death before
 he was sixty, could hardly be considered a good business man. Measured on the same scale, Marshall Field, the merchant prince, was not a good business man. President Roberts, who arose from the ranks of a car-wheel molder, to the presidency of the Pennsylvania railroad, and died at the age of fifty, was not a good business man. J. P. Morgan, who accumulated many millions of dollars, and who died when he should have been

in his prime, was not a good business man.

The accumulation of money and the founding of great industries is only one requisite of the business man, and by no means the most important one. What profit-
 Wealth at the
 expense of
 health
 eth a man to make a great fortune; to put in motion a million spindles; to chain continents together with cables; to flash his silent voice over oceans and continents on currents of common air; to make the ocean's billowed bosom a commercial highway; to transform the oxcart into a palace, and set it on wheels and hitch it to the lightning; to build sky-scraping structures of stone and steel; to transfix human figures and faces on sensitized glass; to direct the methods of burrowing in the earth for coal and gold until his name is known around the world, and his fortune is a power in the land?—what boots it, I say, to know all these things and to glide blindly into the

shambles of unrest and dis-ease, or to furnish a fashionable funeral at forty?

The religious fanatic who robes himself in sackcloth and eschews the razor; the food crank who cries out, "back to nature," and takes to grass; the one-idea social reformer who preaches on the curb, and the business man who allows his business to become his absolute master and governor, are in reality all in the same class. The unfortunate thing is that the business man sits him down and weaves about himself the meshes of a prison. Every year puts in a new bar, every month a new bolt, and every day and hour a new stroke that rivets around him what he calls business, until he feels and really thinks he cannot escape.

The abnormal,
or one-idea
man

A GOOD BUSINESS MAN

A good business man is the man who can direct the wheels of industry, who can draw a trial balance between his

income and his expenses, and who can measure his own ability on the yardstick of endurance.

He is a good business man who gives as much study to the laws of his own physical organization as he does to the organization of his business, and in the final analysis I doubt if he would not consider himself a better business man, "Penniless," and in good health at ninety, than sojourning in a sanatorium with a million at his call, but out of the fight at fifty.

It is truly unfortunate that the general laws of health and hygiene are not more universally taught and understood. We learn that best with which we are thrown in most frequent contact. The business man would absorb enough information on these subjects to extend his period of longevity and usefulness many years, if they were taught in our public schools, or were matters of general knowledge.

Qualities of a
good business
man

Knowledge of
health-laws a
public neces-
sity

THE ROUTINE LIFE OF THE AVERAGE BUSINESS
MAN

He rises between six and seven a. m., takes no exercise or fresh air; eats a breakfast composed largely of acid fruit, cereal starch, meat, and coffee. He then goes at once to his business, sits at a desk until noon, takes luncheon at a neighboring cafe. This repast is composed of meat, cereal, or potato starch, beer, or coffee. He hurries back to his business, sits at his desk five or six hours longer, hurries home, takes a dinner composed of more meat, more starch, more tea or coffee—no exercise, no diversion, no association with the great authors; no music, no poetry, no change.

A friend may come in, or he may go out to visit; then comes the soothing and soporiferous cigar which may have been his companion since breakfast. The

Bad habits of
the business
man

The ancient
remedy for
Nature's
warnings

market, the business, the chances for making or losing dollars are the topics of discussion. He is in the power of his master, "business," and must do him continual obeisance. Within the domain of the tyrant he lives, moves, and has his being. If he has a headache, sour stomach, indigestion, a tinge of rheumatism, dizziness, insomnia, nervousness, or any one of the thousand symptoms or warnings that Nature gives him for the violation of her laws, instead of thinking a little and trying to ascertain the cause, he sends, with "chesty pride," for His physician, and his physician writes out something in a dead language—the only suitable language. The local druggist sends over the "stuff," and it is swallowed with that childish confidence that fitly becomes the modern business man who knows a great deal about business, but nothing about himself.

The days and the months go on, the symptoms or signals become more numer-

ous, more expressive, more impressive, more painful. His physician is called more often; the dead language paper goes to the druggist more frequently, and with faith he still swallows the drugs; they relieve him for a little while, usually by paralyzing the little nerve fibers that are carrying to the brain the messages of warning.

HIS physician finally acknowledges defeat, and prescribes a trip, or a sanatorium. It is either this procedure or the fate that befell Messrs. Roberts, Morgan, Colonel Ingersoll, and the uncounted thousands who had no reputation beyond the domain of their own locality, and of whom we never hear.

SOME SUGGESTIONS FOR A GOOD BUSINESS MAN

Don't allow your business to become your master.

Twelve health rules for the business man Don't discuss business at home, or in social life.

Immediately on rising, take a cool shower bath, followed by vigorous exercise before an open window.

Eat a very light breakfast an hour after rising, eliminating tea, coffee, white bread and meat.

Walk to your business, if possible; breathe deeply.

Eliminate woolen underwear; dress as lightly as possible.

Take an hour for luncheon. Omit tea, coffee, tobacco, beer, and sweets.

Keep your office well ventilated.

Secure competent help and trust them.

Love some one or some thing—a dog will do.

Leave your office early enough to walk home, or at least a part of the way.

Masticate your food infinitely fine, and by all means *do not overeat*. This is the crowning sin of the civilized table.

Take from ten to fifteen minutes' exercise before retiring; sleep in a cold, thoroughly ventilated room. Spend as much time as possible in the sunshine and open air. Drive an automobile, play golf, join a gymnasium, dance, sing, kick and play with the boys, for it is infinitely better to dig in the ditch for your dinner and be able to digest and enjoy it, than to lie invalid in your self-made prison, and perhaps die. (Probably if the truth were written on your tombstone, it would read:

There was a fool who made a fortune, but he died;
The world called him great, but it lied.)

LESSON XXIII

EXERCISE AND RE-CREATION

PROGRAM FOR DAILY EXERCISE

Every morning, just after arising, take a cup of water, and go through the following deep breathing exercises:

EXERCISE No. 1

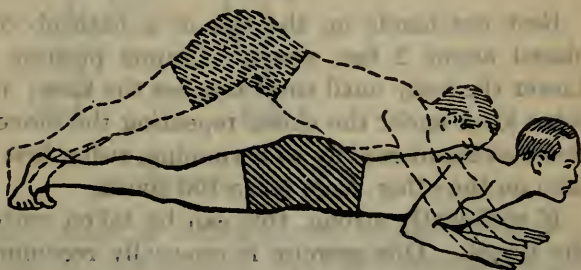
Stand erect, feet about 30 inches apart, extend arms above head, clasping hands and holding elbows rigid, inhale deeply. Bend toward the left and try to touch the floor with the clasped hands as far from the foot and to the rear as possible. Exhale while returning to position. Inhale deeply, reversing motion to the right. This movement should be repeated about 24 times.



EXERCISE No. 2

Rest the body upon tips of toes and the palms of the hands. Move the body up and down as far as possible, bending only at the waist line.

If this position is too strenuous the tension can be reduced by resting on the elbows, knees, or both, while executing the movement. Inhale deeply while taking this exercise, and exhaust the breath suddenly, as if coughing, with the downward motion. This movement should be repeated about 12 times.





EXERCISE No. 3

Rest the hands on the rim of a bathtub or on two chairs placed about 2 feet apart. Assume position shown by cut. Lower the body until chest touches the knee; rise, bringing the other knee under the chest, repeating the movement. Execute this movement rapidly as if running, rising first on one foot and then on the other, from 50 to 100 times.

If sufficiently strong, this can be taken without support for the hands. This exercise is especially recommended for those suffering from constipation.

Every evening, just before retiring, take a glass of water and go through the following movements and deep breathing exercises:

EXERCISE No. 3.—Same as in the morning.



EXERCISE No. 4

Stand erect, feet about 30 inches apart, inhale deeply and strike a blow toward the left with the right fist, passing the left fist behind the back. Alternate this movement, striking toward the right with the left fist, giving the body a swinging and twisting movement.



EXERCISE No. 5

Stand erect, feet about 30 inches apart, hands clasped over head, elbows rigid, inhale deeply. Bend toward the left, describe a complete circle with the clasped hands. Exhale when erect. Reverse, describing a circle in the opposite direction completes the movement.

LESSON XXIII

EXERCISE AND RE-CREATION

EXERCISE

The child from the time it begins to walk until it is ten or twelve years old, or until the pressing hand of civilization prevents the play instinct, necessity forces upon it the power of restraining duty, will in a great measure obey the play instinct or the natural laws of exercise. However, our complex industrial organism forces most of us into its vortex at the very time we are beginning to change the body from the youth to the adult, and the responsibilities with which we are laden, the struggles we carry on, prevent the majority from giving attention to and maintaining a system of development

exercises which is so vitally important, and which would provide a great storehouse of energy to be drawn upon in after years. Inasmuch, therefore, as the conditions under which we exist prevent the free play of our instincts, and the exercise of our natural desire for certain kinds of play or motion, it becomes necessary for us to devise a method of overcoming the repressing influences that crush out the play instinct of civilized man.

CONSTRUCTIVE EXERCISES

Constructive exercises should be taken and practised regularly between the ages of fifteen and twenty-five. It is largely during this period that the physical condition of the body for the balance of life is determined.

Many a college youth, endowed by Nature with a sound physical body and a healthy brain, has irreparably injured both by sitting on the end of his spine

with his feet higher than his head, poisoning his blood with tobacco narcotics from

Poisoning and
purifying the
blood a stylish pipe, and failing
to keep it purified by
obeying the laws of motion

and of oxidation. Constructive exercises should employ every muscle in the body long enough once in every twenty-four hours to generate sufficient heat to cause perspiration, or at least to force twice the normal quantity of blood to the lungs for purification. Exercise thus taken up to the point of fatigue, and of sufficient duration to use all the nutrition taken in the form of food, will, under favorable conditions, build the body to its highest degree of physical strength, provided we keep Nature supplied with the right kind of material (food) with which to do her work.

EXERCISE FOR REPAIR

After the body has reached maturity, or attained its full growth, the only exer-

cise needed is for repair. This it must have or Nature will inflict her inexorable sentence in some form of congestion.

In mature life
exercise only
for repair

In various industrial and professional pursuits the legs, neck, and arms are used enough to keep them in a fair state of repair. That part of the body, therefore,

Why the
"trunk" re-
quires exer-
cise

that suffers most for want of motion, or exercise, is the trunk. In this part of the anatomy are located the vital organs controlling not only the circulation and the oxidation of blood, but also those organs upon whose normal action depend solely the questions of digestion, assimilation of food, and elimination of waste.

If the food is selected, combined, and proportioned so as to produce chemical harmony in the stomach, and to meet the requirements of age, temperature of environment, and work, the body will be kept sufficiently charged

If properly
nourished the
body will de-
mand a certain
amount of
exercise

with energy to demand a certain amount of exercise. If the command is obeyed the body can be trained to work automatically, as it were, but where the vocation is sedative, or prevents obedience to these demands, the trunk should be exercised in the open air from thirty to forty minutes daily by flexing, tensing, twisting and bending in every possible way, long enough and rapidly enough to double the normal heart action and inhalations of air.

PHYSIOLOGY OF EXERCISE

By motion (exercise) the muscles are stimulated in growth, becoming larger and more firm, thus giving strength and symmetry to the body. Food, without proper motion, will not develop muscular tissue to its highest degree. Exercise must be taken to stimulate the growth of the tissues forming the muscle-cells.

Necessity of
motion for
body develop-
ment

Among the benefits derived from exercise, the following may be noted:

First: Surplus nitrogen is usually cast from the body as waste matter when it is not deposited as muscle-tissue by proper exercise. If the diet is balanced, regular exercise will add this nitrogenous substance to the muscle-cells far beyond normal growth, thus causing an actual increase in the size and the number of fibres.

Second: A second benefit derived from muscle activity is the consequent change that occurs in brain and in nerve activity. There are certain cells in the brain and in the nervous system which control the movements of the muscles. When these cells are not used, they degenerate, but their use in exercise is not only beneficial in developing a well-rounded nervous mechanism, but also in strengthening the brain-cells that are used in intellectual work.

Third: A third and perhaps most important of all the benefits to be derived from exercise is the general increase in the circulation of the blood. The muscles form a larger proportion of the body-weight than any other group of organs. When general exercise involving the larger muscles is participated in, the demand for food material in this particular muscular tissue is so great as to cause a notable increase in the strength and in the rapidity of the heart beat, and consequent deep breathing. This acceleration of the circulation continues long after the exercise has ceased, thus replenishing and building up the muscles. As a result of the better circulation of the blood, all organs receive an increased blood-supply, and every part of the body shares in the general improvement. This explains why one can do better brain work, or digest food with greater ease after taking moderate exercise.

Exercise is constructive up to the point of fatigue, but beyond that point it is destructive. The waste-products of all cell-metabolism are harmful and poisonous. When exercise is long continued, the waste matter accumulating therefrom weakens or poisons the cells that secrete them.

The products of cell-metabolism are of two classes, and each class has different effects. The first is due to oxidation. A runner, who falls exhausted from shortness of breath, has simply been suffocated by the excess of carbon dioxid in his muscles. After the breath is regained, or, in other words, after the body has had time to throw off the carbon dioxid, the runner is in nearly as good condition as before. A more lasting and serious form of exhaustion is due to the accumulation of nitrogenous decomposition products, which, not being in a gaseous

form, cannot be thrown off from the lungs, and hence are not as rapidly or as easily removed from the tissues. The presence in the tissue of these waste-products is the cause of extreme weakness and fatigue.

The well-trained muscles contain only healthy protoplasm, and give off but a

The causes of soreness or stiffness of the muscles small percentage of nitrogenous decomposition products. Let the well-fed person who takes but little exercise, run half a mile, or play a simple game of ball, and the following day the muscles will be stiff and sore; this unusual exertion has caused the breaking down of much loosely organized tissue which could have been made firm and healthy by daily muscular activity.

Those subsisting upon a low nitrogenous diet, especially vegetarians, are affected much less by fatigue than meat eaters whose muscles contain larger quantities

of unnecessary nitrogen and nitrogenous decomposition matter.

The common laws of health demand that sufficient motion be taken every day

The diet gov- erns the produc- tion and the ac- cumulation of body-waste	to prevent the accumulation of carbon dioxid or waste matter throughout the body. Both the production and the
--	--

accumulation of waste matter depend very largely upon the diet. All animal flesh (food) is undergoing gradual decomposition, and adds its waste matter to that of the body, therefore meat eaters require a much greater amount of exercise to maintain a given standard of blood-purity than do vegetarians.

SYSTEMS OF PHYSICAL CULTURE

Numerous schools of physical culture and artificial methods of exercise have flourished in all civilized countries within the past few years. This fact emphasizes

the pressing need for a general change in our methods of living.

The various systems of indoor exercise popularly taught are at the best weak substitutes for the more natural and wholesome forms of combined exercise and re-creation found in outdoor life and outdoor sport. Some of the methods referred to are as follows:

Tensing, which consists of slow movements in which opposite muscles are made to pull against each other. The student can easily grasp the principle involved in this system, and from his own ingenuity extend it as fully as he desires.

Vibratory exercises, which are somewhat similar to the tensing system; however, instead of slow movements, the arms or other portions of the body are moved with a rapidly vibrating motion. The effect produced is essentially the same as in the tensing system.

Heavy-weight exercises, consisting in the use of heavy dumb-bells or other apparatus in which the actual physical pull exerted by the body in moving the weights is sufficient to try the muscles to their maximum capacity. This system of exercise should be discouraged; while it may add to the mere lifting strength, it takes from the muscles their flexibility, and from the body its agile and supple activity.

Indoor exercise with light apparatus such as wooden dumb-bells, Indian clubs, wands, Swedish and Delsartian movements. These forms of exercise, which compose most physical culture drills, as given in schools and gymnasiums, are to be highly recommended. For adults, however, such exercises require considerable indulgence in order to gain much physical benefit therefrom.

Exercises of this nature are especially well adapted to school children. They

Exercise for
school
children

depend upon the rhythm of the music, the good fellowship of their companions, and the pride of keeping up with the class to make them interesting. For this reason they are not suitable to the individual who must exercise alone in his room. Dancing can well be considered in this class, and could be highly recommended

Dancing as an
exercise

as an important exercise and re-creation, were it not so frequently associated with loss of sleep and other forms of intemperance.

All of the above systems are not only at the best imperfect, but poor substitutes for natural exercise,

Importance of
outdoor exercise

and not likely to be kept up by the "ordinary sedative worker. Every individual should, so far as possible, indulge in some form of outdoor exercise, which gives all the advantages of the indoor systems, together with the added advantages of fresh air,

mental pleasure, long range of vision, and the general exhilaration that comes from close contact with nature. How-

Exercise for
the city
dweller

ever, for the city man outdoor exercises are too difficult to be practised with sufficient regularity to bring the desired results; therefore, it is best to adopt some definite daily program of vigorous muscular exercise which will keep the body in fair physical condition. Exercises of this kind should be made a regular daily habit, and though at times a little tiresome, can, by practise, be made to become the expected thing, so that the day will not seem complete until the daily exercises have been taken.

From long experience I have found that the following exercises give the

Exercises giv-
ing the best
results

greatest benefits with the least expenditure of time and labor. They are all especially designed to promote healthy action of the vital and the abdominal organs

which are so much neglected by the average person.

PROGRAM FOR DAILY EXERCISE

Every morning, just after rising, and every night, just before retiring, take a glass or two of pure cool water and execute vigorously the following movements:

EXERCISE NO. 1

EXERCISE No. 1—Stand erect, feet about thirty inches apart. Extend arms above head; clasp the hands; hold elbows rigid, and inhale deeply. Bend toward the left and try to touch the floor with the clasped hands, as far from the foot, and as far to the rear as possible. Exhale while returning to position. Inhale deeply, reversing motion to the right. This movement should be repeated from 25 to 50 times.

EXERCISE NO. 2

EXERCISE No. 2—Rest upon the tips of the toes and the palms of the hands. Move the body up and down as far as possible, bending only at the waist line. If the movement is too difficult in this position, the tension may be reduced by resting on the elbows, or on the knees, or on both. Inhale deeply, and exhaust the breath suddenly as if coughing, with the downward motion. This movement should be repeated from 20 to 30 times.

EXERCISE NO. 3

EXERCISE No. 3—Rest the hands on the rim of a bathtub, or on two chairs placed about two feet apart. Assume position shown in cut. Lower the body until the chest touches the right knee; rise, and lower the body until the chest touches the left knee. Execute this movement rapidly as if running, rising

first on one foot and then on the other, swinging the body from side to side with each step or movement.

This exercise is especially recommended for those suffering from torpidity of the liver, or from constipation. It should be executed from 100 to 500 times.

EXERCISE NO. 4

EXERCISE No. 4—Stand erect, feet about thirty inches apart. Inhale deeply, and strike a blow toward the left with the right fist, passing the left fist behind the back. Alternate this movement, striking toward the right with the left fist, giving the body a swinging and twisting movement.

EXERCISE NO. 5

EXERCISE No. 5—Stand erect, feet about thirty inches apart, hands clasped overhead, elbows rigid; inhale deeply.

Bend toward the left, describing a complete circle with the clasped hands. Exhale when erect. Reverse; describing a circle in the opposite direction completes the movement. This exercise should be executed from 25 to 50 times.

RE-CREATION

The small boy who described work as “anything you don’t want to do,” and play as “anything you do want to do,” had in his mind the fragment of a great truth.

Idleness contrary to natural law

True re-creation should afford DIVERSION, ENTERTAINMENT, and WORK. The average business man who is threatened with a breakdown, and who goes away for a rest, should in reality go to work, but it should be a different kind of work from his routine duties. No one was ever benefited by idleness; it is contrary to nature—contrary to the universal laws of construction which govern all forms

of life. If digestion and assimilation have been impaired, if, from errors in eating, or from sedative habits, congestion has taken place in the alimentary

Exercise necessary for assimilation and elimination

tract, then muscular work becomes absolutely necessary in order to use more nutrition, to eliminate more poison and waste, and to increase and normalize the peristaltic activity of the intestinal tract.

The business man who likes to hunt and to kill innocent animals; who runs, walks, and thinks, and perspires in the effort, is taking a good kind of re-creation—

Hunting and fishing

perhaps the best he knows; but the fat man who sits in a boat all day and catches fish that he cannot use, or slays a cart-load of ducks that he has deceived with a decoy, has received neither benefit nor re-creation; he has only yielded to his primeval instincts to secure his food by slaughter and has been merely entertained—probably debased.

True re-creation for the mental worker is manual work—labor in the open air that requires but little thought. Every business man who values the sacred heritage of health, should provide himself with a place where he can go one day out of each week and chop wood, prepare soil, plant or harvest something, get close to Mother Nature, and receive the blessings of her life-giving sun by day, and rest in her open arms at night. Men are but big children, and, like the child who cries and reaches for the bubble because it reflects the prismatic colors of the sun, most of the things for which they struggle are equally as worthless and deceptive.

Mental supremacy, which means the keenest sense of love, justice, and mercy, that great triad of all that is best in man, is all that really pays. If, at the close of every life, the question, "What has

True re-creation

Worthless objects for which men struggle

The triad of all that is best in life

brought most happiness?" could be answered, it would be, "THE GRATITUDE OF MY FELLOW MEN." The average business pursuit is not conducive to this end. It is unfortunate that commercial and financial success are too often secured by methods that produce just the opposite results, therefore the whole life-work of the average man is really reduced to no higher object than that of securing food and shelter, which is the primitive occupation of the lowest forms of life.

One day in the week spent close to the soil with gentle cows and horses, affectionate cats and admiring dogs that have no "axe to grind," and one night every week spent in thought and reflection under the wilderness of worlds that whirl through the abyss of space, will sharpen the senses of love, justice, and mercy, give true diversion, true entertainment, true work, and true rest.

Rest in solitude

INDEX

A

ACETANILID	<i>Vol.</i>	<i>Page</i>
composition of	II	358
effects of	II	358
ACIDITY		
sub, symptoms of	II	462
— remedy for	II	463
— diet in	II	464
super, chart indicating dis-eases caused by	I	9
ACIDS		
nitric	I	62
— properties of	I	63
hydrochloric	I	64
— uses of	I	65
— preparation of	I	66
— elements of	I	67
— purpose of	I	149
— formation of	I	149
bases of	I	68
— tests for	I	69
— neutralization of	I	70
Relation of bases to	I	69
organic	I	94
— properties of	I	94
acetic.....	I	95
— process of making	I	95
oxalic.....	I	97
lactic	I	97
malic	I	97

ACIDS (<i>Continued</i>)	Vol.	Page
tartaric	I	97
citric	I	98
uric, in rheumatism	V	1179
 AIR		
composition of	I	32
liquefaction of	I	35
and oxidation	V	1312
relative importance of food, water and ...	V	1313
 ALBUMIN		
sources of	I	129
solubility of	I	129
coagulation of	I	129
 ALCOHOL		
varieties of	I	91
effect of	II	367
a poison	II	368
 ALDEHYDES		
and ethers	I	93
 ALKALIS		
principles of neutralization of	I	71
rules governing neutralization of	I	71
 AMIDO		
compounds	I	128
 AMMONIA		
composition of	I	60
uses of	I	60
 AMYLOPSIN		
properties of	I	154

INDEX

1353

APPENDIX (VERMIFORM)	<i>Vol.</i>	<i>Page</i>
diseases of (see Appendicitis)	II	580
functions of	II	581
APPENDICITIS		
symptoms of	II	582
treatment of (mild cases)	II	583
a natural remedy for	II	583
diet in	II	584
list of foods for	II	585
chronic cases of	II	586
— treatment for	II	587
— causes of	II	588
diet a factor in	II	589
coarse food a factor in	II	590
old diagnosis of	II	582
menus for	IV	1029
APPETITE		
lack of	IV	1081
difference between hunger and	IV	1081
ARTERIO-SCLEROSIS		
causes of	I	170
food in	I	171
ASSIMILATION		
definition of	III	630
ASTHMA		
described	II	519
causes of	II	533
symptoms of	II	533
remedy for	II	534
diet in	II	534
foods to eat in	II	535
foods to omit in	II	535

	<i>Vol.</i>	<i>Page</i>
ATHLETES		
selection, combination and proportioning of		
food for	V	1188
summer diet for	V	1191
winter diet for	V	1192
suggestions regarding diet in exposure to		
extreme cold or for exertion	V	1201
AUTOINTOXICATION		
defined	I	247
bacteria in	I	247
meat a factor in	I	247
B		
BACTERIA		
discussed	I	166
origin of	I	167
not all harmful	I	168
species of	I	168
producers of	I	168
fermentation produced by	I	169
growth of	I	169
meat a producer of	I	259
BANANAS		
varieties of	III	675
how to select and ripen	III	676
how to bake	III	677
BILE		
defined	I	153
function of	I	153
purposes of	I	153
BILIOUSNESS		
cause of	II	466
symptoms of	II	466

BILIOUSNESS (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
remedy for	II	466
what to eat	II	467
what to omit	II	467
BRAN		
meal, composition of	III	683
— bread made from	III	683
wheat, composition of	III	681
— medicinal properties of	III	681
BLOOD, THE		
Antipepsin in	I	152
glucose in	I	204
process of oxidation of	II	346
corpuscles of	II	386
automatic action of	II	388
incorrect feeding cause of impurity of	II	397
defective circulation of	II	398
exercise a factor in poisoning and purification of	V	1331
increase of circulation of	V	1335
BRIGHT'S DIS-EASE		
described	II	550
causes of	II	551
symptoms of	II	551
prevention of	II	552
treatment for	II	553
general suggestion in feeding in	II	554
foods to eat in	II	555
foods to omit in	II	555
BROMIN		
defined	I	73
BUSINESS MAN		
a lesson for	V	1317
examples of poor	V	1318

		<i>Vol.</i>	<i>Page</i>
BUSINESS MAN (<i>Continued</i>)			
wealth at the expense of health for the	V	1319	
the abnormal	V	1320	
what is a good	V	1320	
qualities of a	V	1321	
routine life of the average	V	1322	
bad habits of the average	V	1322	
the ancient remedy for the average	V	1322	
the physician of the average	V	1324	
twelve rules of health for the	V	1324	
			-1326
BUTTER			
composition of	I	283	
its value as a food	I	284	
caloric value of	I	285	
cocoa, how made	II	338	
cocoanut, composition of	II	339	
home-made, how to make	III	674	
BUTTERMILK			
how made	III	674	
BUTYRIN			
defined	I	123	
C			
CALORIES			
definition of	I	199	
method of determining numbers of	I	202	
CARBOHYDRATES			
classification of	I	108	
monosaccharids	I	109	
disaccharids	I	112	
polysaccharids	I	114	
purpose of	III	625	

INDEX

1357

	<i>Vol.</i>	<i>Page</i>
CARBON		
sources of	I	81
forms of	I	82
properties of	I	83
monoxid, properties of	I	87
combining power of	I	88
and hydrogen compounds	I	88
dioxid of	I	83
nature of	I	81
CASEIN		
sources of	I	130
vegetable	I	130
CATARRH		
described	II	519
causes of	II	527
symptoms of	II	528
remedy for	II	528
diet for	II	529
foods to eat in	II	530
foods to omit in	II	530
nasal	IV	922
— food a factor in	IV	922
— water drinking in the treatment of	IV	923
— menus for	IV	925
CELLULOSE		
in nutrition	I	119
value of	I	119
CHART		
showing number of so-called dis-eases caused by superacidity	I	9
CHEESE		
processes of making	I	282
ripening of	I	283

CHEESE (<i>Continued</i>)	<i>Vol.</i>	<i>Pag^s</i>
digestive value of	I	283
limburger	I	283
manufacture of	I	283
 CHEMISTRY		
its relation to food science.....	I	25
combustion in	I	26
common elements of	I	27
number of elements in	I	28
examples of changes due to	I	29
symbols of	I	31
list of elements in	I	32
organic	I	81
of foods	I	105
of digestion	I	139
of metabolism	I	193
 COLDS		
described	II	519
causes of	II	520
	IV	915
symptoms of	II	521
overeating a cause of	II	521
exposure a cause of	II	522
remedy for	II	523
foods to use for	II	524
turkish baths for	II	525
value of fresh air for.....	II	525
foods to eat for	II	526
foods to omit for	II	526
 COCAIN		
habit	II	354
uses of	II	354
in medicines	II	355

INDEX

1359

	<i>Vol.</i>	<i>Page</i>
COFFEE		
composition of	II	363
effect of drinking.....	II	364
COOKING		
chemical changes produced by	III	593
starch, reasons for.....	III	598
of food, an excuse	III	599
food for animals, government experiments		
on	III	602
a habit of civilization.....	III	603
object of	III	669
grains	III	669
vegetables.....	III	670
en casserole	III	671
rice and macaroni	III	672
fruits	III	672
— canned	III	672
CHLOROFORM		
uses of	II	372
CHLORIN		
sources of	I	63
properties of.....	I	64
uses of	I	64
CHOCOLATE		
see (cocoa)	II	366
COAL TAR PRODUCTS		
evil effects of	II	359
COCOA		
analyzed	II	366
COMPOUNDS		
chemical	I	29
— derivatives	I	31

COMPOUNDS (<i>Continued</i>)	Vol.	Page
carbon	I	83
— inorganic	I	83
— action of	I	85
— organic	I	87
— and hydrogen	I	88
— organic, classification of	I	89
— hydro	I	89
alcohols	I	91
glycerin	I	92
aldehydes	I	93
ethers	I	93
organic acid	I	94
— nitrogenous	I	99
— — importance of	I	100
amido	I	128
vegetable	II	373
CONFECTIONS		
evil effects of	II	332
from the standpoint of food value	II	333
allowable	II	333
prohibited	II	334
CONGESTION		
defined	V	1195
CONSTIPATION		
milk a relief for	I	188
relation of milk to	I	278
milk diet for	I	278
wheat bran, laxative effects in	II	299
whole rye a remedy for	II	300
— wheat, a remedy for	II	300
— barley, a remedy for	II	300
— oats, a remedy for	II	300
causes of	II	434

INDEX

1361

CONSTIPATION (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
remedy for	II	436
suggestions for relief of	II	437
menus for	II	438
exercise in	II	444
beverages causing	II	446
what to eat for	II	447
what to omit for	II	447
in infants	V	1169
a factor in nervousness	V	1214
CONSUMPTION		
conflicting opinions regarding the cause of ..	II	560
conditions and occupations predisposing		
causes of	II	561
modern treatment of	II	563
general diet in	II	564
spring and summer diet in	II	565
special suggestions for treatment in mild		
cases of	II	566
hygienic rules in	II	567
breathing in	II	567
sleep in	II	568
what to eat in	II	568
what to omit in	II	568
nature's remedy for	IV	989
foods in	IV	990
the use of the spirometer in	IV	990
DIABETES		
described	II	556
causes of	II	556
symptoms of	II	557
remedy for	II	557
diet for	II	558
diet in extreme cases of	II	558
foods to eat in	II	559

DIABETES (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
foods to omit in	II	559
special instructions regarding	II	560
 DIAGNOSIS		
purpose of	II	381
only correct	II	382
of "lump" in the stomach	II	419
 DIARRHEA		
causes of	II	474
cathartics in	II	475
treatment of	II	476
diet in	II	476
 DIET		
important considerations regarding	I	164
importance of correct standards in	I	221
of primitive man	I	238
flesh, unnecessary	I	238
milk and eggs not a balanced	I	272
wheat	II	290
for constipation	II	429
for nervous indigestion	II	458
in subacidity	II	464
suggestions in obesity	II	496
in neurasthenia	II	509
in catarrh	II	529
in hay fever	II	531
in asthma	II	534
in influenza	II	537
in insomnia	II	541
in rheumatism	II	547
in diabetes	II	560
in consumption	II	564
in heart trouble	II	573
in diseases of the skin	II	579

INDEX

1363

DIET (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
in appendicitis	II	584
errors in	II	586
for cold weather	IV	1133
for hot weather	IV	1134
three classes of	V	1147
the normal	V	1152
radical changes in	V	1152
make patient agree with	V	1153
during embryonic period	V	1156
FOR CHILDREN (ages 1 to 2 years)....	V	1174
special instructions regarding simplicity in feeding	V	1176 -1177
in old age	V	1178
— importance of	V	1181
for normal athlete	V	1189
(summer) for athletes	V	1191
(winter) for athletes	V	1192
in climatic extremes	V	1193 -1199
under normal conditions	V	1200
 DIGESTION		
chemistry of	I	139
uses of	I	139
malt in	I	140
energy required in	I	161
mental influence upon	I	162
secretion of juices in	I	163
important rules to observe to insure good..	I	164
experiments in	I	175
mechanics of	I	180
action of enzymes during	I	181
food prepared for	I	186
during sleep	I	188
how affected	I	188

DIGESTION (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
x-ray experiment in	I	188
comparative, of cooked and uncooked grain,	III	597
true interpretation of the word	III	630
necessity for thorough mastication an aid to,	I	181
"bolting" of food in	I	181
secretion of enzymes in	I	182
 DIGESTIVE EXPERIMENTS		
to determine the amount of food the body uses	I	175
to determine percentage of waste in food .	I	176
to determine amount of time required to pass through the body	I	176
to measure what percentage of food taken is digested	I	177
to determine what foods aid digestion	I	178
to determine what foods hinder digestion..	I	178
to determine the laws governing the pro- duction of chemical harmony	I	178
to approximately determine the amount of undigested food	I	179
to determine the digestibility of each par- ticular food	I	179
 DIGESTIVE HARMONIES AND DIS- HARMONIES		
tables of	III	609 -617
 DIGESTIVE JUICES		
gastric juice	I	144
— composition of	I	147
— formation of	I	148
— action of	I	148
pancreatic juice	I	153
— composition of	I	153
— action of	I	154

DIGESTIVE JUICES (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
amyllopsin, properties of	I	154
trypsin, properties of	I	154
steapsin, properties of	I	154
bile	I	153
— function of	I	153
pepsin	I	155
— action of	I	155
saliva	I	161
— secretion of	I	161
the influence of the mind upon the action of the	I	162
DIGESTIVE ORGANS		
chemical changes in	I	165
peristaltic action of	I	187
DISACCHARIDS		
cane sugar	I	112
beet sugar	I	112
maltose	I	113
lactose	I	113
DIGESTIVE TABLES		
inaccuracy of	I	145
DIS-EASE		
difference between ease and	I	14
indications of	II	394
true diagnosis of	II	396
defined	II	407
classification of	II	412
nature's warning	II	574
DIS-EASES OF THE SKIN		
kinds of	II	575
causes of	II	575
eczema	II	577

DIS-EASES OF THE SKIN (<i>Continued</i>)	Vol.	Page
— treatment of	II	578
— diet for	II	579
DISORDERS (COMMON)		
their causes and cure	I	405
DRUGS		
analysis of	II	343
declining use of	II	346
alkaloids in	II	349
opium	II	350
morphin	II	351
cocain	II	353
nux vomica	II	356
strychnin	II	356
quinin	II	356
acetanilid	II	358
laudanum	II	360
paregoric	II	360
codein	II	360
lyoscine	II	360
atropin	II	360
hellebore	II	360
chloroform	II	372
ether	II	372
chloral	II	372
mercury	II	373
potassium iodid	II	374
purgatives and cathartics	II	375
authentic information on	II	377
supposed magical effect of	II	384

E

EATING

flesh produces appetite for stimulants	I	243
— habit disappearing	I	249

INDEX

1367

EATING (<i>Continued</i>)	Vol.	Page
correctly a cure for the drink habit	II	369
over	II	413
— causes of	II	414
scientifically	III	667
 ECZEMA		
described	II	577
treatment of	II	578
chronic, diet in	II	579
menus in	IV	1023
 EGGS		
food value of	I	269
composition of	I	271
nutritive contents of	I	271
as a diet for convalescents	I	272
tables of digestive harmonies and disharmonies of	III	610
how to coddle	III	677
uncooked	III	678
baked omelet (how made)	III	678
 ELEMENTS		
chemical, in the body	I	3
chemical	I	27
— number of	I	28
mineral sulphur	I	73
hydrogen sulfid	I	74
carbon disulfid	I	74
 EMACIATION (UNDERWEIGHT)		
effects of	II	477
causes of	II	479
mental factors in	II	480
symptoms of	II	481
remedy for	II	482

EMACIATION (UNDERWEIGHT) <i>Continued</i>	<i>Vol.</i>	<i>Page</i>
important factors in	II	483
foods in	II	484
milk and eggs in	II	484
constipation a factor in	II	485
chronic, its cause and remedy.....	II	486
extreme, diet in	II	489
weight, tables in	II	492
in infancy	V	1173
 ENERGY		
food, a producer of	I	199
how measured	I	200
fat chief source of	I	209
grain a source of	II	295
explained	III	639
determined	III	640
the mystery of	V	1309
food and	V	1310
required for work	V	1311
relation of sleep to expenditure of	V	1312
 ENZYMES		
properties of.....	I	139
fermentation due to	I	140
malt, a digestive	I	140
 ETHER		
uses of	I	94
 EVOLUTION OF MAN		
evolution, what it is	V	1255
study of man in the	V	1255
significance of the term	V	1258
difference between inherited and acquired characteristics in the	V	1260
the three great proofs of the	V	1261

INDEX

1369

EVOLUTION OF MAN (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
early forms of animal life in the	V	1262
the single cell, nucleus in	V	1263
development of the human embryo in the .	V	1264
animal kinship in	V	1265
blood comparisons in man and apes	V	1266
difference in the development of man and apes	V	1267
power of speech a factor in	V	1267
habits and progress in	V	1268
factors that determine survival of races during the	V	1269
habits and customs detrimental to life in .	V	1270
changes of organs in	V	1271
"natural" diet in	V	1273
dietetic development in	V	1274
facts regarding the	V	1275
 EXERCISE		
a necessity	II	444
in infancy	V	1171
in childhood	V	1329
constructive ages 15-25	V	1330
for purifying the blood	V	1331
properly nourished body demands a certain amount of	V	1332
physiology of	V	1333
growth produced by	V	1334
brain and nerve force produced by	V	1334
blood circulation increased by	V	1335
evil effects of long continued	V	1336
different kinds of exhaustion produced by	V	1336
the causes of soreness or stiffness of the muscles due to	V	1337
endurance of vegetable composition with meat eaters	V	1337
body waste in	V	1338

EXERCISE (<i>Continued</i>)	Vol.	Page
tensing as an	V	1339
vibratory	V	1339
heavy weight	V	1340
indoor	V	1340
for school children	V	1341
dancing as an.....	V	1341
importance of outdoor	V	1341
for the city dweller	V	1342
that give best the results	V	1342

EXERCISE

PROGRAM FOR DAILY EXERCISES

exercise No. 1	V	1343
exercise No. 2	V	1344
exercise No. 3	V	1344
exercise No. 4	V	1345
exercise No. 5	V	1345

EXHAUSTION

causes of	II	399
-----------------	----	-----

F

FASTING (AND NO BREAKFAST PLAN)

data secured from	V	1311
-------------------------	---	------

FATS

composition of	I	122
formation of	I	122
mineral	I	123
olein	I	123
butyrin	I	123
butter dairy	I	123
butter artificial	I	123
stearin	I	123
oleomargarin	I	123

FATS (*Continued*)

	<i>Vol.</i>	<i>Page</i>
rancid	I	125
digestion of	I	156
unwholesome	I	157
metabolism of	I	205
absorption of body	I	206
human.....	I	207
distinction between tallow, lard, olive oil, animal	I	207
chemical change in frying.....	I	255
chemical difference in	I	256
effects of heat on.....	III	595
tables of digestive harmonies and dishar- monies of	III	609
purpose of	III	626
a source of heat	I	209
the chief source of energy	I	209

FERMENTATION

causes of	I	172
	II	425
symptoms of	II	426
results of.....	II	427
remedy for	II	428
diet for	II	428

FISH

nutrients in	I	260
as brain food	I	261
superior to flesh food	I	261
selection of	III	678
preparation of	III	678

FLUORIN

a gas	I	73
action of	I	73

FOOD	<i>Vol.</i>	<i>Page</i>
preparation of	I	15
chemistry of	I	15
	I	21
how to select	I	16
how to combine	I	16
how to proportion	I	16
how to determine quantity	I	16
science.....	I	19
	I	20
importance of	I	4
classes of.....	I	105
analysis of	I	106
maltose in.....	I	118
predigested	I	141
manufacture of	I	141
predigested, comparison of	I	146
mastication of	I	150
		-183
digestibility of, comparative	I	159
fermentation of	I	164
decomposition of	I	173
determining quantity of.....	I	177
values	I	178
breakfast	I	182
tissue builder as	I	195
importance of protein in	I	209
standards of	I	217
endurance tests of	I	219
government standards of	I	220
dietary standards of	I	222
correct dietary standards of	I	225
quantity required	I	226
proportion of fat required in	I	228
fallacy of nitrogenous	I	229
influence of religion on	I	235
a factor in producing physical and mental power	I	240

INDEX

1373

Food (<i>Continued</i>) ¹	Vol.	Page
unscientific to use meat as	I	241
rare meat unfit for	I	258
in contagious diseases	I	258
fish as a	I	260
superiority of fish as a	I	261
oysters as a	I	262
clams as a	I	262
shell fish as a	I	262
poultry as a	I	262
superiority of poultry as a	I	263
comparative analyses of	I	264
feeding of poultry for	I	265
cheese as a	I	282
butter considered as a	I	283
wheat considered as a	II	290
grain as a remedial	II	298
white potato as a	II	321
relative value of salads as	II	321
relative value of water melon as a	II	323
relative value of musk melon as a	II	323
honey compared as a	II	330
life dependent upon	II	345
substitution of	II	439
staples	II	440
list of constipating	II	446
list of laxative	II	446
that reduces fat	II	498
in obesity	II	502
in locomotor ataxia	II	519
to eat in case of colds	II	524
to eat in catarrh	II	530
in hay fever	II	532
combinations	III	602
quantity an important factor	III	604
instinct a safe guide in selecting	III	605
tables, how to interpret	III	607

Food (<i>Continued</i>)	Vol.	Page
tables of digestive harmonies and disharmonies.....	III	609
fats	III	609
eggs	III	610
milk	III	611
nuts	III	612
grains	III	613
vegetables.....	III	614
acid fruits	III	615
sweet fruits	III	616
sugars	III	617
simple classification of	III	621
based on principal nutritive substances ...	III	624
purposes of different classes of	III	625
difference between digestibility and assimilability of	III	630
table showing comparative assimilability carbohydrate and water content of various classes of food	III	632
purpose of the vieno table in	III	634
vieno system of	III	645
values, measurement of	III	639
values, measurement of — (old system)....	III	642
amount of nitrogen in, incorrect standards.....	III	645
incorrect standards of measurement of....	III	646
what constitutes a true	III	647
explanation of vieno system of food measurement	III	648
edible portion of	III	650
how to reduce foods to vienos	III	651
nitrogen factor in	III	651
direct method of calculating available nitrogen in.....	III	655
	III	663
curative value of	III	668

INDEX

1375

Food (Continued)	<i>Vol.</i>	<i>Page</i>
for children (see menus for children).....	III	687
in cirrhosis of the liver	III	823
in consumption	IV	989
		-990
in pregnancy	IV	1033
selection, combination and proportion of..	V	1149
	V	1152
according to age	V	1149
according to time of year	V	1151
according to work or activity	V	1151
and energy	V	1310
relative importance of air, water and.....	V	1313
 FORMALDEHYDE		
uses of	I	93
an artificial preservative	I	93
a poison to the human system	I	93
 FOWL		
selection of	III	678
preparation of	III	678
 FRUITS		
composition of	II	309
dietetic value of	II	310
effect of acid	II	312
classification according to acidity	II	312
evils of acid	II	314
value of sub-acid	II	315
value of non-acid	II	316
canned	II	316
evaporated	II	316
fresh	II	317
tables of digestive harmonies and dishar-		
monies of acid	III	615

FRUITS (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
tables of digestive harmonies and disharmonies of sweet	III	616
bananas	III	675
 GALACTOSE		
formation of	I	111
 GAME		
as a food	I	268
 GAS DILATATION (GASTRITIS)		
symptoms of	II	432 -447
what to eat in	II	432
what to omit in	II	433
causes of	II	449
remedy for	II	450
food to be used in treatment of	II	452
 GASTRIC JUICE		
composition of	I	147
formation of	I	148
its action on fat	I	148
rennet of the	I	151
 GASTRITIS		
(also see gas dilatation)	II	432
causes of	II	449
symptoms of	II	449
diagnosis of	II	450
treatment of	II	450
diet in	II	450
food in	II	452
what to eat in	II	452
what to omit in	II	452

INDEX

1377

	<i>Vol.</i>	<i>Page</i>
GLOBULINS		
sources of	I	129
properties	I	129
types of.....	I	130
GLUCOSE		
percentage in the blood	I	204
function of	I	204
manufacture of	II	328
composition of	II	328
uses of	II	329
an article of food.....	II	329
GLYCOGEN		
sources of	I	118
formation of	I	118
GOUT		
causes of	II	546
symptoms of	II	547
remedy for	II	547
diet in	II	548
what to eat in	II	550
what to omit in	II	550
GRAIN		
cooked.....	I	184
government experiments with.....	I	185
uncooked	I	185
nutritive value of	II	289
wheat	II	290
rye	II	291
barley	II	292
oats	II	293
corn	II	293
rice	II	294
buckwheat	II	294

GRAIN (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
uses of	II	295
as a remedial food	II	298
tables of digestive harmonies and disharmonies of	III	613
GUMS		
varieties of	I	120
HABITS		
man a creature of	I	223
HAY FEVER		
described	II	519
symptoms of	II	531
remedy for	II	531
diet for	II	531
foods to eat in	II	532
foods to omit in	II	532
HEALTH		
influence of mind on	II	385
laws of	II	396
definition of	II	405
HEART TROUBLE		
gas, a cause of	II	448
		-572
early symptoms of	II	570
medical misconceptions of	II	570
causes of	II	571
diet for	II	573
exercise for	II	574
HEAT		
production of	I	41
body determination of	I	42

INDEX

1379

HEAT (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
a measure of energy	I	198
units	I	199

H

HEMOGLOBIN		
component parts of	I	130

HEMORRHOIDS		
(see Piles)	II	471

HEREDITY	V	1293
so-called wonders of microscopic study of		
reproductive cells in	V	1294
chromosomes in different species	V	1294
action of	V	1294
what it is	V	1295
characteristics not due to	V	1296
summary of facts regarding sex and	V	1297

HERNIA		
causes of	II	443

HONEY		
food value of	II	330
composition of	II	331

HUMAN ILLS		
chiefly due to diseases and conditions origi-		
nating in the stomach	I	4
(see chart showing diseases caused by su-		
peracidity)	I	9

HYDROCARBONS		
definition of	I	89
uses of	I	89
where found	I	89
how formed	I	90

HYDROCHLORIC ACID	<i>Vol.</i>	<i>Page</i>
how formed	I	64
action of	I	65
its importance in digestion	I	66
chemical symbols of	I	67

HYDROGEN		
where found	I	42
physical properties	I	43
chemical properties of	I	43
gas	I	45

I

INDIGESTION (ACUTE)		
important suggestions regarding	III	807
treatment for	III	807
what to eat in	III	807

INFANT FEEDING		
great mortality due to wrong	V	1154
two points of view on.....	V	1155
mothers' milk in	V	1162
general rules to be observed in	V	1164
modification of milk in.....	V	1165
preparation of food in	V	1165
quantity of food in	V	1166
frequency of feeding	V	1166
disastrous results of too frequent	V	1168
importance of cleanliness in preparation of food	V	1168
constipation in	V	1169
composition and color of stools in.....	V	1169
temperature of food in	V	1173
general instructions in health and hygiene	V	1174

INDEX

1381

	<i>Vol.</i>	<i>Page</i>
INFLUENZA		
described	II	519
causes of	II	536
symptoms of	II	537
remedy	II	537
diet for	II	537
food in	IV	939
INSOMNIA		
causes of	II	538
remedy for	II	539
diet for	II	541
foods to eat in	II	542
foods to omit in	II	542
similarity of symptoms in nervousness and	II	542
INTESTINAL JUICES		
definition of	I	157
action of	I	158
INULIN		
value of	I	121
IODIN		
description of	I	73
IRON		
salts of	I	77
in patent medicines	I	78
L		
LACTOSE		
where found	I	113
indigestion	I	114
LAWS		
natural	I	11

	<i>Vol.</i>	<i>Page</i>
LAXATIVES		
loss of vitality due to	II	376
harmful results due to use of	II	436
LEGUMES		
defined	II	307
familiar types of	II	307
rich in nitrogen	II	307
require thorough mastication	II	308
LEVULOSE		
composition of	I	111
defined	I	111
LITMUS SOLUTION		
tests for	I	69
LIVER, THE	I	137
functions of	I	203
cirrhosis of	II	468
— causes of	II	468
— symptoms of	II	468
— treatment for	II	469
— stimulants in	II	469
— what to eat in	II	469
— atrophic	III	822
— hypertrophic	III	822
— food in treatment for	III	823
LOCOMOTOR ATAXIA		
causes of	II	511
drug treatment harmful in	II	513
symptoms of	II	514
remedy for	II	515
diet for	II	516
exercise in	II	517
massage in	II	517

INDEX

1383

LOCOMOTOR ATAXIA (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
cured, obstinate case of	II	518
foods to eat	II	519
foods to omit	II	519
LUNGS, THE		
functions of	II	390

M

MALNUTRITION		
cause of	II	511
remedy for	II	511

MALTOSE		
composition of	I	112
how formed	I	113

MEAT		
fallacy of lean	I	228
source of autointoxication	I	247
classified	I	250
composition of lean	I	250
extractives of	I	252
prejudice against pork	I	253
cold storage of	I	256
decomposition of cold storage	I	257
"ripened"	I	257
scientific objections to use of	I	258

MEDICINES		
effects of	II	343
ancient belief concerning	II	344
unscientific uses of	II	377

MENUS		
FOR NORMAL CHILDREN		
(<i>From 2 to 5 Years of Age</i>)		
spring	III	687
summer	III	688

MENUS—For Normal Children (<i>Continued</i>)	Vol.	Page
fall	III	689
winter	III	690
<i>(From 5 to 10 Years of Age)</i>		
spring	III	692
summer	III	693
fall	III	694
winter	III	695
<i>(From 10 to 15 Years of Age)</i>		
spring	III	696
summer	III	697
fall	III	698
winter	III	699
 FOR NORMAL PERSONS		
<i>(From 15 to 20 Years of Age)</i>		
spring	III	700
summer	III	701
fall	III	702
winter	III	703
<i>(From 20 to 33 Years of Age)</i>		
spring	III	704
summer	III	705
fall	III	706
winter	III	707
<i>(From 33 to 50 Years of Age)</i>		
spring	III	708
summer	III	709
fall	III	710
winter	III	711
<i>(From 50 to 65 Years of Age)</i>		
spring	III	712
summer	III	713
fall	III	714
winter	III	715

MENUS—For Normal Persons (<i>Continued</i>)	Vol.	Page
(<i>From 65 to 80 Years of Age</i>)		
spring	III	716
summer	III	717
fall	III	718
winter	III	719
(<i>From 85 to 100 Years of Age</i>)		
spring	III	720
summer	III	721
fall	III	722
winter	III	723
MENUS, CURATIVE		
introduction	III	724
FOR SUPERACIDITY (ABNORMAL APPETITE)		
spring	III	726
summer	III	728
fall	III	729
winter	III	730
FOR SOUR STOMACH AND IRRITATION OF STOMACH AND INTESTINES		
spring	III	731
summer	III	733
fall	III	734
winter	III	736
FOR SOUR STOMACH, INTESTINAL GAS AND CONSTIPATION		
spring	III	738
summer	III	740
fall	III	742
winter	III	745
STOMACH AND INTESTINAL CATARRH		
spring	III	747
summer	III	750

MENUS, CURATIVE (<i>Continued</i>)	Vol.	Page
fall	III	751
winter	III	752
FERMENTATION, INTESTINAL GAS, FEVERED		
STOMACH AND LIPS, CANKERS ON TONGUE		
spring	III	753
summer	III	755
fall	III	757
winter	III	759
CONSTIPATION (CHRONIC) NERVOUSNESS		
spring	III	761
summer	III	765
fall	III	767
winter	III	769
CONSTIPATION, AUTOINTOXICATION, LOW VITALITY		
spring	III	771
summer	III	773
fall	III	775
winter	III	777
GASTRITIS		
spring	III	779
summer	III	781
fall	III	782
winter	III	783
NERVOUS INDIGESTION		
spring	III	784
summer	III	785
fall	III	786
winter	III	787
NERVOUSNESS		
FOR BUSINESS MAN, THIN, NERVOUS, IRRITABLE—		
INSOMNIA—STOMACH AND INTESTINAL TROUBLE		
spring	III	789
summer	III	790

MENUS, CURATIVE (<i>Continued</i>)	Vol.	Page
fall	III	793
winter	III	798

FOR SUBACIDITY

INDIGESTION (CHRONIC)

spring	III	801
summer	III	803
fall	III	804
winter	III	805

BILIOUSNESS

HEADACHE—SLUGGISH LIVER

spring	III	809
summer	III	811
fall	III	812
winter	III	813

HEADACHE—TORPID LIVER

spring	III	814
summer	III	815
fall	III	816
winter	III	820

CIRRHOSIS OF THE LIVER

general remarks	III	822
food to be used in	III	823

MENU NO. 1

spring	III	824
summer	III	825
fall	III	826
winter	III	827

MENU NO. 2

spring	III	828
summer	III	829
fall	III	830
winter	III	831

MENUS, CURATIVE (<i>Continued</i>)	Vol.	Page
DIARRHEA		
spring	III	832
summer	III	833
fall	III	834
winter	III	835
DIARRHEA—DYSENTERY		
spring	III	836
summer	III	840
fall	III	841
winter	III	842
EMACIATION—UNDERWEIGHT—RATHER ANEMIC		
spring	III	845
summer	III	847
fall	III	848
winter	III	850
RUN DOWN CONDITION—FLATULENCY—UNDERWEIGHT		
spring	III	852
summer	III	856
fall	III	858
winter	III	861
LOW VITALITY—UNDERWEIGHT—WEAK DIGESTION		
spring	IV	863
summer	IV	864
fall	IV	865
winter	IV	866
OBESITY—IRREGULAR HEART ACTION—NERVOUSNESS		
spring	IV	870
remarks	IV	871
summer	IV	872
fall	IV	872
winter	IV	877

INDEX

1389

MENUS, CURATIVE (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
ABNORMAL APPETITE—OBESITY—DROWSINESS		
spring	IV	882
summer	IV	884
remarks	IV	885
fall	IV	886
remarks	IV	887
winter	IV	891
DECREASING WEIGHT—INCREASING STRENGTH		
spring	IV	893
summer	IV	894
fall	IV	895
winter	IV	896
NEURASTHENIA		
spring	IV	897
summer	IV	898
fall	IV	899
winter	IV	900
MALNUTRITION		
spring	IV	901
summer	IV	902
fall	IV	903
winter	IV	904
FOR A YOUTH		
ANEMIA—MALASSIMILATION—UNDERWEIGHT—		
NO APPETITE		
spring	IV	905
summer	IV	907
fall	IV	908
winter	IV	910
LOCOMOTOR ATAXIA		
spring	IV	911
summer	IV	912
fall	IV	913
winter	IV	914

MENUS, CURATIVE (<i>Continued</i>)	Vol.	Page
COLDS		
spring	IV	917
summer	IV	918
fall	IV	920
winter	IV	921
NASAL CATARRH		
late spring }	IV	925
early summer }		
late summer }	IV	927
early fall }		
late fall }	IV	928
early winter }		
late winter }	IV	930
early spring }		
HAY FEVER		
spring	IV	931
summer	IV	932
fall	IV	933
winter	IV	934
ASTHMA		
spring	IV	935
summer	IV	936
fall	IV	937
winter	IV	938
INFLUENZA		
Foods in	IV	939
Menus for (see menus for colds, catarrh, hay fever and asthma)	II	519
INSOMNIA—NERVOUSNESS—LOW VITALITY		
spring	IV	940
summer	IV	942
fall	IV	943
winter	IV	945

INDEX

1391

MENUS, CURATIVE (*Continued*) Vol. Page

RHEUMATISM—GOUT—LUMBAGO—SCIATICA— ARTHRITIS

spring	IV	947
summer	IV	949
fall	IV	951
winter	IV	953

ANEMIA—SLUGGISH LIVER—RHEUMATIC TENDENCY

spring	IV	955
summer	IV	957
fall	IV	962
winter	IV	964

STIFFNESS AND PAIN IN JOINTS—STOMACH TROUBLE—CONSTIPATION—INTESTINAL GAS—IRREGULAR HEART ACTION

spring	IV	967
summer	IV	968
fall	IV	970
winter	IV	975

BRIGHT'S DISEASE

spring	IV	979
summer	IV	980
fall	IV	981
winter	IV	982

DIABETES

spring	IV	983
summer	IV	985
fall	IV	987
winter	IV	988

WEAK LUNGS—CONSUMPTION

general menu	IV	991
--------------------	----	-----

MENUS, CURATIVE (<i>Continued</i>)	Vol.	Page
TUBERCULAR TENDENCY—CONSTIPATION— NERVOUSNESS—CATARRH		
spring	IV	994
summer	IV	998
fall	IV	1000
winter	IV	1003
TENDENCY TOWARD INTESTINAL CONGESTION		
spring	IV	1005
summer	IV	1007
fall	IV	1008
winter	IV	1011
DISEASES OF THE SKIN—ECZEMA		
spring	IV	1013
summer	IV	1015
fall	IV	1016
winter	IV	1019
WEAK DIGESTION—NERVOUSNESS—SLIGHT ECZEMA		
spring	IV	1023
summer	IV	1025
fall	IV	1026
winter	IV	1027
APPENDICITIS		
spring	IV	1029
summer	IV	1030
fall	IV	1031
winter	IV	1032
FOR THE PREGNANT WOMAN		
food in pregnancy	IV	1033
MENUS		
spring	IV	1036
summer	IV	1037
fall	IV	1038
winter	IV	1039

INDEX

1393

MENUS, CURATIVE (*Continued*) Vol. Page

FOR THE NURSING MOTHER

foods to omit	IV	1040
foods to use	IV	1041

MENUS FOR THE NURSING MOTHER

spring	IV	1042
summer	IV	1043
fall	IV	1044
winter	IV	1045

MISCELLANEOUS

WEAK DIGESTION (ALMOST INVALID)

spring	IV	1046
summer	IV	1048
fall	IV	1049
winter	IV	1051

BUILDING UP THE NERVOUS SYSTEM— INCREASING VITALITY

spring	IV	1053
summer	IV	1056
fall	IV	1058
winter	IV	1060

FOR AGED PERSON—BUILDING GENERAL HEALTH

spring	IV	1061
summer	IV	1065
fall	IV	1066
winter	IV	1068

(Healthy Person)

STRENGTH AND ENDURANCE

spring	IV	1069
summer	IV	1070
fall	IV	1071
winter	IV	1073

MISCELLANEOUS (<i>Continued</i>)	Vol.	Page
MALASSIMILATION AND AUTOINTOXICATION		
spring	IV	1074
summer	IV	1076
fall	IV	1078
winter	IV	1080
NO APPETITE		
distinction between appetite and hunger .	IV	1081
spring	IV	1081
summer	IV	1084
fall	IV	1085
winter	IV	1086
ATHLETIC DIET		
spring	IV	1088
summer	IV	1089
fall	IV	1090
winter	IV	1091
(Chiefly Uncooked)		
spring	IV	1093
summer	IV	1094
fall	IV	1095
winter	IV	1097
FOR INVALID CHILD—MAKING MUSCULAR TISSUE—REGULATING BOWELS		
spring	IV	1098
summer	IV	1100
fall	IV	1101
winter	IV	1104
FOR MENTAL WORKER—TO INCREASE BRAIN EFFICIENCY		
spring	IV	1106
summer	IV	1108
fall	IV	1110
winter	IV	1113

INDEX

1395

MISCELLANEOUS (*Continued*)

Vol. Page

FOR SCHOOL TEACHER—ANEMIA—SLUGGISH

LIVER—UNDERWEIGHT—NERVOUSNESS

spring	IV	1115
summer	IV	1117
fall	IV	1118
winter	IV	1120

LABORING MAN UNDERWEIGHT—ANEMIC

(LUNCH IN SHOP)

spring	IV	1122
summer	IV	1124
fall	IV	1126
winter	IV	1129
diet for cold weather	IV	1133
diet for hot weather	IV	1134
hot weather menu for the prevention of sun- stroke and heat prostration.....	IV	1135
suggestions for the prevention of sunstroke,	IV	1136

MENUS FOR BUILDING UP SEXUAL VITALITY

spring	IV	1138
summer	IV	1139
fall	IV	1140
winter	IV	1141

SUGGESTIONS FOR PERSONS UNDERGOING

MODERATE AMOUNT OF EXPOSURE.....	V	1201
----------------------------------	---	------

MENUS

between temperature 20 and 30° F.....	V	1203
between temperature 70 and 90° F.....	V	1206

MENUS FOR NERVOUSNESS

spring	V	1220
summer	V	1222
fall	V	1223
winter	V	1224
		-1227

MENUS	<i>Vol.</i>	<i>Page</i>
Curative and Remedial	III	667
	IV	-1143
for constipation	II	438
for obesity	II	500
choice of	III	683
normal	III	685
introduction to	III	685
 MERCURY		
and its salts	II	373
 METABOLISM		
chemistry of	I	193
process of	I	193
described	I	194
liberation of energy through	I	199
carbohydrates in	I	202
of fat	I	205
of proteids	I	209
 METALS		
salts of	I	76
uses of	I	77
iron	I	77
 MILK		
sour, discussed	I	174
mothers	I	246
food values of	I	270
a perfect food	I	273
cows	I	274
composition of cows	I	274
varieties of cows	I	274
nutritive value of	I	275
coagulation of casein in	I	276
harmonies	I	276

INDEX

1397

MILK (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
adulteration of	I	276
in sour stomach	I	277
preservatives in	I	280
pasteurization of	I	280
natural souring of	I	281
why constipating	II	442
tables of digestive harmonies and disharmonies	III	611
 MORPHIN		
habit	II	351
uses of	II	352
 MOTHER, THE PROSPECTIVE		
general rules for	V	1157
the corset	V	1158
exercise	V	1158
deep breathing	V	1158
mental occupation	V	1158
special rules for	V	1159
suggestions for the diet for abnormal appetite during pregnancy	V	1160
selection of food	V	1161
starchy foods during pregnancy	V	1161
 N		
NARCOTICS		
classification of	III	349
 NASAL CATARRH	IV	922
 NERVOUSNESS		
true meaning of	V	1211
relation of nutrition to	V	1212
causes of	V	1212
constipation a factor in	V	1214

NERVOUSNESS (<i>Continued</i>)	Vol.	Page
primary causes of	V	1215
effect of stimulants in	V	1215
overwork not a factor in	V	1216
remedy for	V	1217
effects of wrong eating and drinking in....	V	1218
special instructions for persons suffering from	V	1227
recreation in.....	V	1228
relation of sexual functions to	V	1228
 NERVOUS INDIGESTION		
described	II	453
causes of.....	II	454
symptoms of	II	455
remedy for	II	458
diet for	II	458
remarks on	III	784
 NEURASTHENIA		
described	II	503
a final warning	II	503
causes of	II	505
		-507
symptoms	II	506
remedy	II	506
importance of diet in	II	508
mental attitude in.....	II	508
what to eat in	II	510
what to omit in.....	II	510
 NITROGEN		
described	I	58
properties of.....	I	59
compounds of	I	59
daily amount required	I	231
body requirement of	I	232

INDEX

1399

NITROGEN (<i>Continued</i>)	Vol.	Page
grain a source of	II	297
proportion in lean meat	III	641
in food, how to compute	III	645
a factor in food	III	651
method of calculating available amount in food	III	655

NUTRITION

science of	I	14
relation of sexual health in.....	V	1289

NUTS

pine	II	301
—, composition of.....	II	301
almonds	II	303
pecans	II	304
brazil	II	304
walnut, English	II	304
hazel	II	305
butter	II	305
beech	II	305
cocoa	II	305
peanuts	II	306
as heat producers	II	301
nitrogen factor in	II	302
tables of digestive harmonies and dishar- monies of.....	III	612

O

OBESITY

prevention of	I	208
remedies for	I	208
	II	495
unnatural	II	491
the law governing	II	491
weight tables in	II	492
causes of	II	493

OBESITY (<i>Continued</i>)	Vol.	Page
eating in	II	494
drinking in	II	494
exercise in	II	495
use of fats in	II	496
chronic, diet suggestions in	II	496
foods that produce	II	497
foods that prevent	II	498
foods in	II	500
menus for	II	500
symptoms resulting from change of food in ..	II	502
foods to eat in	II	502
foods to omit in	II	502
 OILS		
formation of	I	122
composition of	I	122
olive	I	123
cotton seed, manufacturing of	I	123
	II	337
vegetable	I	123
vegetable, value of	II	335
poisonous	I	124
grades of olive	II	336
peanut, value of	II	338
palm	II	339
linseed	II	340
 OLD AGE		
meat and bread as articles of diet in	V	1179
uric acid in rheumatic conditions in	V	1179
soluble starches desirable in	V	1180
importance of diet in	V	1181
 DIET FOR THE THREE PERIODS IN OLD AGE		
From 50- 60 years of age	V	1181
From 60- 70 years of age	V	1182
From 70-100 years of age	V	1181

INDEX

1401

OLD AGE (<i>Continued</i>)	Vol.	Page
SPECIAL SPRING AND SUMMER MENUS		
For ages 50-60.....	V	1184
FALL AND WINTER MENUS		
For ages 50-60.....	V	1186
How food should be prepared for people between ages of 50-60	V	1186
OLEIN		
defined	I	123
OLEOMARGARIN		
described	I	285
how made.....	I	286
OPIUM		
composition of	II	350
effect of	II	351
OXYGEN		
a substance	I	32-33
manufacture of	I	33
production of	I	36
properties of	I	36
chemical action of	I	36
effect of	I	36
a heat determiner	I	40
not the only required element in breathing.	V	1313
OXID		
nitrous	I	62
OXIDATION		
of the blood	I	39
of waste matter	I	39
laws governing.....	I	41
and air	V	1312

OYSTERS (AND CLAMS)	<i>Vol.</i>	<i>Page</i>
unfit for food	I	262
P		
PANCREAS, THE		
functions of	I	138
PAIN		
a warning	I	12
PATENT MEDICINES		
Defined	II	347
why alcohol is used in	II	370
per cent of alcohol in	II	371
PENTOSE		
from the standpoint of human food.....	I	110
PEPSIN		
action of	I	155
PHOSPHORUS		
uses of	I	75
PHYSICAL CULTURE		
systems of	V	1333
tensing in	V	1339
vibratory exercise	V	1339
heavy weight exercise.....	V	1340
indoor exercises	V	1340
PHYSIOLOGY		
the old	V	1305
PILES		
causes of	II	471
symptoms of	II	472

INDEX

1403

PILES (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
treatment for	II	472
diet for	II	473
POISONS		
body	I	245
generated by fear	I	246
alkaloid	II	349
narcotic	II	349
POLYSACCHARIDS		
starch	I	114
glycogen	I	118
cellulose	I	119
gums	I	120
inulin	I	121
POTASSIUM IODID		
effect of	II	374
POULTRY		
method of fattening domestic	I	265
marketing undrawn	I	266
"hanging"	I	267
PRACTISE OF DIETETICS, THE		
Introduction	V	1233
general treatment in	V	1235
scope of scientific feeding in	V	1236
the value of letters in	V	1236
the art of polemics in	V	1236
value of booklet describing your work	V	1238
ability to prepare your own copy	V	1238
value of experience in	V	1239
diagnosis in	V	1241
diet in	V	1242
educate your patient in	V	1242

PRACTICE OF DIETETICS, THE (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
patient should agree with the diet	V	1243
mental factors in	V	1245
publicity necessary in	V	1246
value of truthful publicity	V	1248
some cures too remarkable to advertise . . .	V	1250
courtesy an asset in	V	1250
 PRENATAL CULTURE		
embryological growth in	V	1289
superstition concerning	V	1290
theory on	V	1290
influence of fright, anger, etc., in	V	1291
mother's nutrition the only factor in	V	1291
birthmarks	V	1292
 PROTEIDS		
defined	I	125
classified	I	128
peptones	I	130
proteoses	I	130
uses of	I	211
replace worn-out cells	I	212
action of	I	213
converted into peptones	I	214
composition of	I	215
form body fat	I	215
excess of	I	216
animal requirements of	I	230
digestibility of grain	II	298
effect of heat on	III	595
purpose of	III	626
 PTOMAINS		
formation of	I	128
 PURGATIVES		
salts as	II	375

INDEX

1405

Q

QUININ

uses of	II	357
---------------	----	-----

R

RECIPES

for coddled eggs	III	677
uncooked eggs	III	678
baked omelet	III	678
for preparing green peas in the pod	III	679
pumpkin	III	680
vegetable juice	III	680
sassafras tea	III	680

REST

forces at work during	V	1301
changes during	V	1302
human body at	V	1303
change in body tissue during	V	1303
comparisons regarding necessity for	V	1304
confusion of terms	V	1306

REST AND RE-CREATION

necessity for	II	400
phenomenon of sleep and	V	1306
where found	V	1308
idleness in	V	1346
exercise necessary for assimilation and elimination	V	1347
hunting	V	1347
fishing	V	1347
true re-creation	V	1348
worthless objects for which men struggle fail to give	V	1348
the triad of all that is best in man the goal to strive for	V	1348
in solitude	V	1349

RHEUMATISM	<i>Vol.</i>	<i>Page</i>
described	II	543
causes of	II	544
symptoms of.....	II	545
remedy for	II	547
diet in	II	548
— natural versus artificial	II	548
perspiration in	II	549
what to eat in	II	550
what to omit in	II	550
S		
SACCHARIN		
food value of	I	91
SALIVA		
secretion of.....	I	142
mastication and.....	I	142
SALT		
common	I	69
in the body	I	73
magnesium	I	77
mineral origin of vegetable	I	131
SEX		
relation of sexual functions to the nervous system.....	V	1288
necessity for popular knowledge concerning	V	1288
relation of nutrition to sexual health.....	V	1289
summary of facts regarding heredity, and .	V	1297
SILICON		
in the body	I	76
SLEEP		
evidence of acquired energy during	V	1308
the mysterious production of energy during.	V	1309

INDEX

1407

SLEEP (<i>Continued</i>)	<i>Vol.</i>	<i>Page</i>
expenditure of energy during	V	1310
and its relation to the expenditure of energy	V	1312
SOAP		
process of making.....	I	96
SOLUTION		
in nutrition	I	50
in assimilation	I	51
examples of	I	51
STARCH		
sources of	I	114
potato	I	115
solubility of	I	116
corn	I	116
changing of	I	117
STOMACH, THE	I	137
functions of	II	389
disorders originating in	II	417
“lump” in	II	419
catarrh of	III	747
STRYCHNIN		
effect of.....	II	356
SUGAR		
grape	I	109
— sources of	I	109
	II	327
pentose	I	110
levulose	I	111
galactose	I	111
cane	I	112
maltose	I	112

SUGAR (<i>Continued</i>)	Vol.	Page
lactose	I	113
effects of heat on	III	594
tables of digestive harmonies and disharmonies	III	617
food value of	II	324
beet sugar	II	325
cane, value of	II	326
process of refining	II	326
maple, genuine	II	327
—imitation	II	327
milk	II	327
 SULFUR		
in the human body	I	75
 SUNSTROKE		
prevention of	IV	1136
 SUPERACIDITY		
chart indicating dis-eases caused by	I	9
cause of	I	7
	II	421
diagnosis of	II	418
symptoms of	II	421
remedy for	II	423
despondency produced by	II	430
 SWEETS		
relative order of	II	332
application of term	II	334
 SYMPTOMS		
comparison of	II	389

T

TABLE OF WEIGHTS AND MEASURES, III	664
------------------------------------	-----

INDEX

1409

	<i>Vol.</i>	<i>Page</i>
TEA		
composition of	II	365
TEMPERATURE		
fat requirements according to	V	1200
TISSUE BUILDING		
food a factor in	I	195
process of	I	196
generation of heat and energy in	I	197
proteids a factor in	I	210
TOBACCO		
effect of nicotin in	II	361
general effect of	II	362
TREATMENT		
by disinfection	II	347
TRICHINOSIS		
described	I	259
TRYPSIN		
action of	I	155
V		
VEGETABLES		
groups of	II	318
succulent	II	319
— value of	II	320
juices of	II	321
white potato	II	321
sweet potato	II	322
carrots	II	322
parsnips	II	322
turnips	II	322
beets	II	322

VEGETABLES (<i>Continued</i>)	Vol.	Page
tomatoes	II	323
tables of digestive harmonies and disharmonies of	III	614
VEGETARIANISM		
from animal standpoint	I	236
from standpoint of scientific living	I	237
W		
WATER		
composition of	I	44
properties of	I	45
rain	I	46
hard	I	46
mineral	I	47
salt	I	47
effervescent	I	47
sulphur	I	47
distilled	I	48
as a solvent	I	49
chemical uses of	I	48
proportion in the body	I	52
uses in the body	I	54
drinking	I	54
necessity for drinking	II	434
WHEAT		
composition of	II	291





STACK

卷一百一十五

Q 46111

'44

V. 5

613.2

STACK

C 46111

V. 5-

The record below must not be altered
by the borrower.

[illegible]

